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# Is 1 oz the same as 1 fl oz?

How many oz in 1 fl oz? The answer is 1. We assume you are converting between ounce [US, liquid] and US fluid ounce. You can view more details on each measurement unit: oz or fl oz The SI derived unit for volume is the cubic meter.

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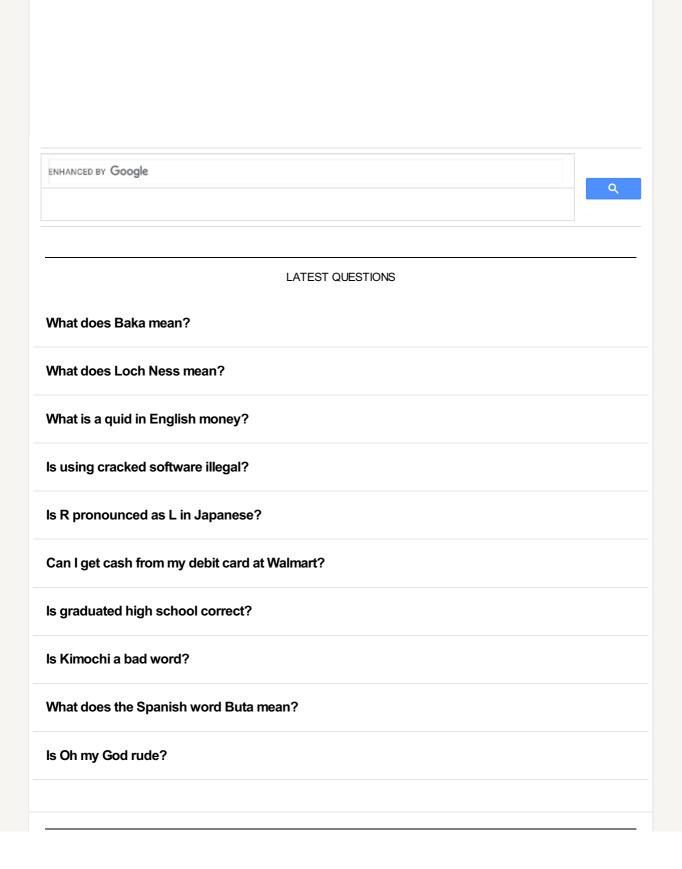
## Does 4 ounces equal 1 cup?

Fluid Ounces (oz) to Cups Conversion 1 Fluid ounce (oz) is equal to 0.125 cup. To convert fluid oz to cups, multiply the fluid oz value by 0.125 or divide by 8. For example, to calculate how many cups is 4 fl oz of water, multiply 4 by 0.125, that makes 0.5 cup is 4 fl oz.

### Is 8 oz the same as 1 cup?

Liquid measuring cups indicate that 1 cup = 8 ounces. But what they really mean is 1 cup of liquid = 8 fluid ounces.





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