

How Many Cups In 1 Litre

How Many Cups in 1 Liter? A Comprehensive Guide **

Understanding the relationship between different volume units is crucial in various fields, from cooking and baking to scientific experiments and industrial processes. This document provides a detailed exploration of the conversion between liters and cups, focusing on the practical applications and intricacies of this common measurement task. While a straightforward conversion exists, the inherent variability in cup sizes necessitates a nuanced understanding beyond a simple numerical answer. This will delve into the specifics, exploring the different types of cups and their implications for accurate measurements.

Understanding Volume Units: Liter and Cup

The Liter

A liter (L) is a metric unit of volume. It's defined as the volume occupied by a cube with 10 centimeters (cm) on each side, equivalent to 1000 cubic centimeters (cm³). The liter is the fundamental unit of volume in the International System of Units (SI). Its standardized nature facilitates consistent measurements across various disciplines.

The Cup

The cup (c) is a unit of volume used primarily in the imperial and US customary systems. Crucially, there's no single, universally accepted standard for a cup. The size of a cup can vary significantly depending on the context, and this variability is crucial to recognize when performing conversions.

Standard vs. Non-Standard Cups

- Standard US Cup: Commonly used in the United States, the standard US cup is approximately 236.588 milliliters (mL).
-

Standard Imperial Cup: Used in the United Kingdom and other countries that utilize the imperial system, the imperial cup is slightly larger, equating to approximately 284.131 mL.

- Other Types:

Numerous other types of cups exist, including teacups, coffee cups, measuring cups, etc. These can vary significantly in size from each other and the aforementioned standard cups.

Table 1: Approximate Conversions (mL to cups) / Unit (mL) | Standard US Cup (c) | Standard Imperial Cup (c) | |||| | 236.588 | 1 | 0.83 | | 284.131 | 1.21 | 1 |

Diagram 1: Visualizing the Difference **(A diagram depicting a 1-liter container and various cups—one standard US cup and one standard imperial cup—next to it, showcasing the relative size difference.)**

Conversion from Liters to Cups: A

Detailed Examination

To determine "how many cups in 1 liter," we need to specify the type of cup being used. The answer is not fixed.

Conversion Calculations:

• Converting to Standard US Cups: **1 liter = 1000 mL** **1 US cup $\approx$ 236.588 mL** Therefore, **1 liter $\approx$ 1000 mL / 236.588 mL/cup $\approx$ 4.22675 cups (approximately 4.23 cups)** • Converting to Standard Imperial Cups: **Using similar logic, 1 liter $\approx$ 1000 mL / 284.131 mL/cup $\approx$ 3.51951 cups (approximately 3.52 cups)**
Caution: **These are approximate conversions. Using more precise conversions to determine the specific cup type is always recommended.**

Practical Applications and Considerations

Cooking and Baking

Accurate measurements are paramount in cooking and baking. Using the correct conversion for the specific type of cup used ensures the desired recipe outcome. Recipes often use measuring cups, which are typically standardized.

Scientific Experiments

In scientific experiments, precise measurements are essential to achieve reliable results. Using the appropriate conversion factor, and ideally specialized laboratory measuring equipment, helps avoid errors in calculations and experiments.

Industrial Processes

In industrial settings, consistency in volume measurements is critical for production and quality control. Using standardized equipment and precise conversion techniques minimizes errors in the production process.

Benefits of Accurate Volume Conversion

- *Recipe Success: In cooking and baking, correct conversions ensure that ingredients are measured accurately, leading to the desired final product.*
- **Scientific Accuracy: Accurate volume conversions are fundamental to scientific research, minimizing experimental errors and ensuring reliable data.**
- **Industrial Efficiency: Consistent volume measurement in industrial processes reduces errors and improves the consistency and quality of products.**
- **Cost Savings: Using the appropriate conversions leads to the precise amount of ingredients needed, reducing waste and increasing the efficiency of resources.**

Variability in Cup Sizes: A Detailed Look

Impact of Cup Size

The inconsistent nature of cup sizes introduces a critical factor in volume conversions. Recipes relying on non-standardized cups may yield varying results.

Troubleshooting Mismatches

If dealing with recipes that use non-standardized cups, the use of a measuring device is highly recommended to ensure proper accuracy.

Specific Cases: Dealing with Diverse Cups

Measuring Cups

Measuring cups are specifically designed for accurate volume measurements, and their markings usually indicate standard units like cups, ounces, and milliliters. These are preferable to non-standardized cups for accurate recipes.

Other Cups

Other types of cups, like those used for drinking, can vary significantly in volume. It's essential to consult the specific cup's

markings if those are present or use appropriate measuring devices instead.

Conclusion

Determining "how many cups in 1 liter" depends heavily on the specific cup type. While a general approximation exists for standard cups, a more precise calculation requires knowing the size of the cup in use. It's crucial to utilize standardized measuring instruments for critical applications like cooking, scientific research, and industrial processes. Understanding the underlying units of measure and the practical implications of their variation is essential for accuracy and precision.

Advanced FAQs

1. How does the shape of the cup affect volume measurement? The shape of the cup can affect the volume, especially when the cup is not cylindrical. Irregular shapes can introduce errors in volume measurement. Specialized measuring equipment is preferable in such cases. 2. What are the tolerances associated with measuring cups? **Manufacturing tolerances exist for measuring cups, meaning the actual volume may differ slightly from the marked value. Higher precision applications should consider this tolerance when interpreting measurements.** 3. How can I accurately convert between different volume units when the conversion factors are not readily available? Online resources or reference books containing conversion tables or calculators can provide more precise conversions. Specialized software for volume

calculations can also be invaluable. 4. What are the implications of using non-standard measuring equipment in research? Using non-standard measurement equipment in scientific research can introduce significant errors that compromise the reliability of experimental results. This highlights the importance of standardized equipment in research settings. 5. How can I ensure consistency in volume measurements in large-scale industrial processes?*

Implementing calibrated measuring equipment, proper training protocols for personnel, and employing quality control checks are essential to ensure consistency in volume measurements for industrial-scale processes.

Unlocking the Mystery: How Many Cups in 1 Litre?

Have you ever found yourself staring at a recipe, a measuring jug, or perhaps a carton of milk, wondering about the magical conversion between litres and cups? It's a common culinary conundrum! Whether you're a seasoned chef or just starting your journey in the kitchen, understanding these fundamental measurements is key to successful cooking and baking. So, let's dive in and demystify: how many cups are actually in 1 litre?

The short and sweet answer is: **approximately 4.2 US cups make up 1 litre**. However, as with many things in the world of measurements, there's a little more to unpack, especially when you consider different types of cups and regional variations.

The Litre: A Global Standard

Before we get to the cups, let's briefly touch on the litre. The litre (or liter in American English) is a metric unit of volume. It's part of the International System of Units (SI) and is widely used around the world for everything from beverages to fuel. One litre is defined as the volume of a cube with sides of 10 centimetres (1 decimetre). This makes it a convenient and universally recognized unit.

The Wonderful World of Cups: US vs. Metric

This is where things can get a little sticky. The term "cup" isn't as standardized globally as the litre. The most common distinction to be aware of when asking "how many cups in 1 litre" is between the **US customary cup** and the **metric cup**.

The US Customary Cup: Your Kitchen Staple

In the United States, the standard measuring cup used in most recipes is the US customary cup. This is the one you're likely to find in your kitchen drawers. Its volume is officially defined as:

- 1 **US customary cup** = 8 **US fluid ounces**
- 1 **US customary cup** ≈ 236.59 **millilitres (ml)**

This is the measurement we'll primarily use when answering our main question, as it's the most prevalent in many popular recipes. So, if you're following a recipe from an American cookbook or

website, this is the cup you'll want to use.

The Metric Cup: A Global Standard for Baking

Many other countries, particularly those using the metric system for most measurements, use a slightly different "metric cup." This cup is also a standard in many international recipes and baking communities.

1. 1 metric cup = 250 millilitres (ml)

You'll notice that the metric cup is slightly larger than the US customary cup. This difference, while small, can sometimes be significant in baking where precise measurements are crucial. So, if you're baking from a recipe originating in Australia, New Zealand, Canada, or the UK (which often uses metric cups despite some historical use of imperial), be mindful of this distinction.

The Big Reveal: How Many Cups in 1 Litre?

Now, let's put it all together to answer our burning question: how many cups in 1 litre? We'll do this for both the US customary cup and the metric cup.

Using US Customary Cups: The Practical Answer

Since 1 litre is equal to 1000 millilitres (ml), we can calculate the

number of US customary cups by dividing 1000 ml by the volume of one US customary cup (approximately 236.59 ml):

$$1000 \text{ ml} / 236.59 \text{ ml/cup} \approx 4.22675 \text{ US cups}$$

So, for all practical purposes in your kitchen, when a recipe calls for litres and you need to convert to US cups, remember:

1. 1 litre is approximately 4.2 US cups.

This means if you need to measure out 1 litre of liquid using US cups, you'll fill up four full cups and then add a little bit more – roughly a fifth of a cup. Sometimes, recipes might round this to "4 and a quarter cups" for simplicity, but the more accurate figure is just over 4.2 cups.

Using Metric Cups: The Global Baking Standard

If you're using the metric cup (250 ml), the calculation is much cleaner:

$$1000 \text{ ml} / 250 \text{ ml/cup} = 4 \text{ metric cups}$$

This is a straightforward conversion, making the metric system quite user-friendly for volume measurements! So, if your recipe is written in metric and specifies cups, it's highly likely they mean metric cups, and 1 litre will be exactly 4 of those.

Why This Matters: The Importance of Accurate Measurement

You might be thinking, "Does it really matter if it's 4.2 cups or 4 and a quarter cups?" For casual cooking, perhaps not drastically. You might still end up with a delicious meal. However, when it comes to baking, precision is king. Flour, sugar, liquids – they all interact in specific ratios to create the desired texture and structure of cakes, cookies, breads, and pastries.

Using the wrong cup size can lead to:

1. **Cakes that are too dense or too crumbly.**
2. **Cookies that spread too much or not enough.**
3. **Batters that are too thin or too thick.**

Therefore, always check the origin of your recipe and the type of measuring cups specified. If a recipe simply says "cups" without further clarification and is from a US source, assume US customary cups. If it's from a European or Australian source, it's likely metric cups.

Beyond the Cup: Other Common Conversions Involving Litres

While cups are a frequent point of confusion, it's helpful to know other common volume conversions involving litres, especially when you're adapting recipes or dealing with different sized containers.

Litres to Millilitres (ml)

This is a fundamental metric conversion:

1. **1 litre = 1000 millilitres (ml)**

This is why we use 1000 ml in our cup calculations!

Litres to Fluid Ounces (fl oz)

This conversion is useful when dealing with both metric and imperial/US customary systems.

1. **1 litre $\approx$ 33.814 US fluid ounces**

Remember, 1 US customary cup is 8 fl oz, so $4.22675 \text{ cups} \times 8 \text{ fl oz/cup} \approx 33.814 \text{ fl oz}$, which confirms our calculation!

Litres to Pints, Quarts, and Gallons

These are less common in everyday cooking conversions for litres but are important for understanding larger volumes, especially in US customary units.

1. **1 US liquid pint = 0.473 litres** (so 1 litre $\approx$ 2.11 US pints)
2. **1 US liquid quart = 0.946 litres** (so 1 litre $\approx$ 1.06 US quarts)
3. **1 US liquid gallon = 3.785 litres** (so 1 litre $\approx$ 0.26 US gallons)

As you can see, 1 litre is slightly more than a US quart and a little less than a US gallon.

Practical Tips for Measuring Liquids

To ensure accuracy when you're measuring liquids, especially when converting between litres and cups:

1. **Use the right measuring tools:** Invest in a good set of liquid measuring cups (these usually have a spout and measurement lines) and dry ingredient measuring cups (these are often straight-sided and meant to be levelled off).
2. **Read at eye level:** Place your liquid measuring cup on a flat surface and bend down so your eyes are level with the measurement line. This prevents you from over or under-measuring.
3. **Be aware of the recipe's origin:** As stressed before, know whether the recipe is likely using US customary or metric measurements.
4. **When in doubt, err on the side of caution:** If you're really unsure, and it's a non-critical ingredient, a slight variation might be okay. But for crucial ingredients in baking, precise conversion is key.
5. **Consider a kitchen scale:** For serious bakers, a kitchen scale is the ultimate tool for accuracy. Many recipes now provide weight measurements (grams or ounces) which are universally accurate and eliminate the confusion of volume conversions altogether. For example, 1 litre of water weighs approximately 1000 grams (1 kg).

Conclusion: So, How Many Cups in 1 Litre?

To wrap it all up, the answer to "how many cups in 1 litre" depends on the type of cup you're using:

- 1. Using US customary cups: 1 litre is approximately 4.2 cups.**
- 2. Using metric cups: 1 litre is exactly 4 cups.**

Understanding this distinction is not just about trivia; it's about achieving delicious and consistent results in your culinary adventures. So, the next time you're faced with a litre of something and need to measure it in cups, you'll know exactly how to proceed. Happy measuring, and even happier cooking and baking!

Understanding the Conversion: How Many Cups Are in 1 Litre?

When navigating kitchen measurements or converting liquid volumes for recipes, one fundamental question often arises: how many cups are in one litre? This seemingly simple query opens the door to a broader understanding of metric and imperial systems, especially in cooking, baking, and everyday health-related dosing. The answer lies at the intersection of precision and practicality, offering valuable insights for both culinary enthusiasts and health-conscious individuals. One litre is a standard unit in the metric system, widely recognized across the globe for its accuracy and consistency. In terms of liquid volume, 1 litre equates to exactly 4 cups—though this number is not arbitrary. It stems from

standardized conversion values that align imperial and metric measurements for common liquids like water, milk, and oil. Specifically, while the cup is not a strictly uniform metric, in culinary contexts, a US customary cup is defined as 240 millilitres, making 1 litre precisely 4 times that amount. This alignment simplifies international recipe conversions and reduces ambiguity in daily use. The significance of knowing this conversion extends beyond mere numbers. For home cooks, understanding that 1 litre equals 4 cups ensures accurate measurements, preventing common pitfalls like over- or under-dosing ingredients, which can dramatically affect recipe outcomes. In health and fitness, precise liquid measurements support accurate calorie tracking, hydration monitoring, and supplement dosing, where even small volume differences can influence intake. Moreover, this conversion plays a vital role in global communication. As recipes and nutritional guidelines span diverse regions, having a reliable benchmark like 1 litre = 4 cups enhances clarity and reduces confusion. Whether converting a bottle of olive oil for a family recipe or adjusting a beverage serving size for a health app, this standardization fosters consistency and trust in shared knowledge. Looking ahead, the importance of clear volume conversions is only growing. With rising interest in plant-based diets, home cooking, and personalized wellness, accurate measurement becomes essential. As digital tools and smart kitchen devices become more prevalent, integrating standardized conversions like 1 litre = 4 cups ensures seamless compatibility across platforms, from recipe websites to hydration trackers. This integration supports a more intuitive, data-driven approach to everyday nutrition and cooking. In essence, while the answer—1 litre equals 4 cups—is

concise, its implications are far-reaching. It exemplifies how small units of measurement hold significant value in bridging cultural, practical, and technological divides. Embracing this conversion not only improves accuracy in the kitchen but also empowers individuals to engage more confidently with health, nutrition, and global culinary traditions.

How Many Cups in 1 Litre? A Definitive Guide for Kitchen Conversions

Navigating recipes often feels like deciphering a secret code. One moment you're measuring in milliliters, the next, you're frantically searching for your trusty measuring cups. The question "how many cups in 1 litre?" is a common one, a stumbling block for home cooks and professional chefs alike. Understanding this fundamental kitchen conversion is crucial for accurate recipe execution, whether you're baking a delicate cake or whipping up a hearty stew. This comprehensive guide will demystify the relationship between litres and cups, explore the different types of cups, and provide practical tips for seamless measurement.

Understanding the Litre: A Metric Marvel

Before we dive into the cup-to-litre conversion, let's briefly appreciate the litre itself. The litre (symbol 'l' or 'L') is a unit of volume in the metric system. It's widely used globally for everyday

measurements, from milk cartons to soft drink bottles. One litre is defined as the volume of one cubic decimeter (dm^3). Its simplicity and standardization make it a convenient unit for many applications, including scientific research and international trade.

The metric system's decimal nature means that conversions within it are straightforward. For instance, 1000 milliliters (ml) equal 1 litre. This familiarity with milliliters often leads to confusion when transitioning to the imperial system's cup measurement.

The Elusive "Cup": A Tale of Two Systems

Herein lies the primary source of the "how many cups in 1 litre" puzzle: the ambiguity of the "cup." Unlike the standardized litre, the term "cup" can refer to different volumes depending on the context and geographical location. This is where most kitchen conversion errors originate.

The US Customary Cup: The Most Common Culprit

In the United States, the standard measuring cup used in recipes is the **US customary cup**. This is the measurement you'll encounter in the vast majority of American cookbooks and online recipes originating from the US. Its volume is precisely defined as **8 US fluid ounces**.

To convert US fluid ounces to litres, we use the conversion factor: 1

US fluid ounce ≈ 0.0295735 litres. Therefore, 8 US fluid ounces would be approximately $8 * 0.0295735$ litres = 0.236588 litres. This is where the initial approximation often comes into play in recipes.

The US Legal Cup: For Nutrition Labels

It's important to note that the US also has a **US legal cup**, which is precisely 240 ml (or 0.24 litres). This is primarily used for nutrition labeling purposes. While very close to the US customary cup, it's a distinct measurement. For practical home cooking, the US customary cup is the one you'll most likely be working with.

The Metric Cup: A Smoother Transition

Countries that primarily use the metric system, such as Canada, Australia, and the United Kingdom (though the UK also uses imperial), often employ a **metric cup**. This metric cup is standardized at **250 milliliters (ml)**, which is equivalent to 0.25 litres. This measurement offers a cleaner conversion when working with litres.

The Imperial Cup: A Historical Anomaly

Historically, the UK also used the **imperial cup**, which was equivalent to 10 imperial fluid ounces. However, this is largely obsolete in modern cooking and is rarely encountered. When you see a recipe from the UK, it's almost certainly using either the metric cup (250ml) or has adapted to US customary measurements.

The Golden Answer: How Many Cups in 1 Litre?

Now, let's get to the heart of the matter. The answer to "how many cups in 1 litre?" depends entirely on which "cup" you are using.

1. Using US Customary Cups (the most common scenario):

Since 1 US customary cup is approximately 0.236588 litres, to find out how many US customary cups are in 1 litre, we perform the following calculation:

1 litre / 0.236588 litres/cup $\approx$ **4.22675 US customary cups**

For practical purposes in the kitchen, this is often rounded to **4.2 cups** or even **4 ¼ cups**. This is why many recipes might ask for 4 ¼ cups when the liquid is close to a litre.

2. Using Metric Cups (250ml):

If you are using a metric cup (250 ml), the conversion is much simpler:

1 litre = 1000 ml

1 metric cup = 250 ml

Therefore, 1000 ml / 250 ml/cup = **4 metric cups**

This makes it incredibly easy to convert recipes when working with

metric measurements. If a recipe calls for 1 litre of liquid, and you have metric cups, you simply measure out 4 of them.

Why This Difference Matters: Precision in Cooking

The difference between 4.22 cups and 4 cups might seem negligible, but in baking, precision is paramount. A slight over- or under-measurement of liquid can significantly impact the texture and outcome of your baked goods. For instance, too much liquid can lead to a dense, gummy cake, while too little can result in a dry, crumbly one.

When following a recipe, it's crucial to pay attention to the units of measurement specified. If the recipe is from a US source, assume US customary cups unless otherwise stated. If it's from a European or Australian source, it's likely using metric cups.

Practical Conversion Tips for the Home Cook

While the exact numbers are useful, knowing how to practically manage these conversions is even more so. Here are some tips:

Always Check Your Measuring Cups

Many measuring cups, especially those with metric markings, will clearly indicate the volume. Look for markings like "1 cup (240ml)" or

"1 cup (250ml)." This will immediately tell you which system you're working with.

Invest in Both Types (If Necessary)

If you frequently cook from both US and metric recipes, it can be beneficial to have both US customary and metric measuring cups. This eliminates the need for constant calculation and reduces the risk of error.

Utilize Liquid Measuring Cups

For liquids, always use a liquid measuring cup. These are typically made of clear glass or plastic with a spout for easy pouring and have markings on the side. For dry ingredients, use dry measuring cups, which are usually made of metal or plastic and are meant to be leveled off.

The Power of a Scale

For ultimate precision, especially in baking, consider using a kitchen scale. Weighing ingredients in grams or ounces is the most accurate method, as it's not affected by the density of the ingredient or the type of measuring cup used. Many modern recipes provide both volume and weight measurements.

Know Your Common Equivalents

Memorizing a few key equivalents can save you time:

1. 1 litre $\approx$ 4.2 US cups
2. 1 litre = 4 metric cups (250ml each)
3. 1 US cup $\approx$ 237 ml
4. 1 metric cup = 250 ml
5. 1 US fluid ounce $\approx$ 29.57 ml
6. 1 metric fluid ounce $\approx$ 30 ml

When in Doubt, Use a Conversion Chart or App

There are numerous online conversion charts and mobile apps available that can quickly convert litres to cups and vice versa. These are invaluable tools when you're in the middle of cooking and need an instant answer.

Beyond the Kitchen: Litres and Cups in Everyday Life

The "how many cups in 1 litre" question isn't confined to the kitchen. You might encounter these units in various contexts:

Beverage Consumption

When you see a bottle of water or juice advertised in litres, and you're used to thinking in cups, this conversion becomes relevant. Understanding that a 1-litre bottle holds a little over 4 US cups can help you gauge portion sizes or plan for gatherings.

Health and Hydration

Recommendations for daily water intake are often given in litres. Knowing the equivalent in cups helps individuals track their hydration goals more easily if they primarily use cups for their drinking habits. For instance, aiming for 2 litres of water a day means consuming roughly 8.4 US cups.

Travel and International Recipes

When traveling or using recipes from different countries, you'll inevitably encounter metric measurements. Being familiar with the litre-to-cup conversion bridges the gap between the metric and imperial systems, making international culinary exploration much smoother.

Conclusion: Mastering the Litre-to-Cup Conversion

The seemingly simple question "how many cups in 1 litre?" unlocks a deeper understanding of measurement systems. While the metric litre offers global standardization, the cup measurement presents a delightful linguistic and practical challenge due to its variations. The most common answer, for those working with US recipes, is approximately 4.22 US customary cups. However, for those using metric cups, it's a clean 4 cups. By understanding the nuances of US customary, US legal, and metric cups, and by employing practical tips like checking your equipment and using reliable conversion tools, you can confidently tackle any recipe, ensuring

delicious and accurate results every time. So, next time you encounter a recipe calling for a litre, you'll know precisely how many cups you need – no matter where in the world your kitchen inspiration takes you.

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Questions & Answers About how many cups in 1 litre

N o	Question	Answer
1	So, how many standard cups actually make up a liter of liquid?	A liter is equivalent to approximately 4.23 US standard cups. This is the most common conversion you'll find for cooking and general measurements.
2	I'm baking and the recipe calls for liters, but I only have cups. What's the quick conversion for 1 liter?	For baking purposes, it's often easier to round. Think of 1 liter as roughly 4 and a quarter cups. So, if you need 1 liter, aim for just over 4 cups.
3	Is there a difference in cup size when converting liters? Like, are we talking about coffee cups or measuring cups?	We're referring to standard US measuring cups, which are designed for consistent volume. A standard US measuring cup holds 8 fluid ounces, and that's what's used for the ~4.23 cup conversion to 1 liter.

4	If I have 2 liters of water, how many cups is that in total?	If 1 liter is about 4.23 cups, then 2 liters would be approximately 8.46 cups. So, just over 8 and a half cups.
5	I'm a bit confused by the 'point 23' part. Can I just say 4 cups in a liter?	While 4 cups is a good approximation for a quick estimate, it's not perfectly accurate. For precise recipes or scientific measurements, the 4.23 cups per liter is the correct conversion.
6	Are there any situations where the 'cups in a liter' conversion might be different?	Yes! This conversion is for US customary cups. Other countries use different 'cup' sizes (e.g., metric cups). For the most reliable results, always check if the recipe specifies US customary or metric units.

1 litre to cups conversion, how many cups in 1 litre, cups in 1 litre measurement, 1 litre equals how many cups, liter to cup conversion guide, standard litre to cup ratio, cup equivalent of 1 litre, volume conversion 1 litre equals cups, litre to cup conversion facts, how many cups in a litre

How Many Cups In 1 Litre

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Conclusion

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