

Can Size Equivalents

Can Size Number	Approximate Volume of Food	Approximate Weight of Food
No. 300	1 3/4 cups	14 to 16 ounces
No. 303	2 cups	16 to 17 ounces
No. 2	2 1/2 cups	20 ounces
No. 2 1/2	3 1/2 cups	27 to 29 ounces
No. 1 picnic	1 1/4 cups	10 1/2 to 12 ounces
No. 3	5 3/4 cups	51 ounces
No. 10	3 quarts	6 1/2 pounds to 7 pounds and 5 ounces