

How to Interpret Can Sizes

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Some favorite older recipes may call for can sizes such as a Number 2 or a Number 303 can. Here's a chart to help you determine how these correspond to current can measurements.



Can Size Number	Approximate Volume of Food	Approximate Weight of Food
No. 1 picnic	1 ¼ cups	10 ½ to 12 ounces
No. 300	1 ¾ cups	14 to 16 ounces
No. 303	2 cups	16 to 17 ounces
No. 2	2 ½ cups	20 ounces
No. 2 ½	3 ½ cups	27 to 29 ounces
No. 3	5 ¾ cups	51 ounces
No. 10	3 quarts	6 ½ pounds to 7 pounds and 5 ounces

Know how. Know **now**.



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