

A GUIDE TO COMMON CAN SIZES

6 oz.	Approximately $\frac{3}{4}$ cup 6 fl. oz.	Used for frozen concentrated juices and individual servings of single strength juices.
8 oz.	Approximately 1 cup 8 oz. ($7\frac{3}{4}$ fl. oz.)	Used mainly in metropolitan areas for most fruits, vegetables and specialty items.
No. 1 (Picnic)	Approximately $1\frac{1}{4}$ cups 10 $\frac{1}{2}$ oz. ($9\frac{1}{2}$ fl. oz.)	Used for condensed soups, some fruits, vegetables, meat and fish products.
No. 300	Approximately $1\frac{3}{4}$ cups 15 $\frac{1}{2}$ oz. ($13\frac{1}{2}$ fl. oz.)	For specialty items, such as beans with pork, spaghetti, macaroni, chili con carne, date and nut bread --- also a variety of fruits, including cranberry sauce and blueberries.
No. 303	Approximately 2 cups 1 lb. (15 fl. oz.)	Used extensively for vegetables; plus fruits, such as sweet and sour cherries, fruit cocktail, apple sauce.
No. 2	Approximately $2\frac{1}{2}$ cups 1 lb. 4 oz. (1 pt. 2 fl. oz.)	Used for vegetables, many fruits, and juices.
No. 2 $\frac{1}{2}$	Approximately $3\frac{1}{2}$ cups 1 lb. 13 oz. (1 pt. 10 fl. oz.)	Used principally for fruits, such as peaches, pears, plums and fruit cocktail; plus vegetables, such as tomatoes, sauerkraut and pumpkin.
46 oz.	Approximately $5\frac{3}{4}$ cups 46 oz. (1 qt. 14 fl. oz.)	Used most exclusively for juices, also for whole chicken.
No. 10	Approximately 12 cups 6 lbs. 9 oz. (3 qts.)	So-called "institutional" or "restaurant" size container, for most fruits and vegetables. Stocked by some retail stores.