

How to Interpret Can Sizes: What to Do if a Recipe Calls for a No. 2 Can

Alice Henneman, MS, RD
(402) 441-7180/ <http://lancaster.unl.edu/food>

Lancaster County

444 Cherrycreek Road, Suite A / Lincoln, NE 68528

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

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.