

**Table 2: Common Can and Jar Sizes**  
**Average Net Weight or Fluid Measure and Average Volume Per Can**

Can Size	Average Net Weight or Fluid Measure Per Can		Average Volume Per Can	
	Customary	Metric	Cups	Liters
No. 10	6 lb (96 oz) to 7 lb 5 oz (117 oz)	2.72 kg to 3.31 kg	12 cups to 13 $\frac{2}{3}$ cups	2.84 L to 3.24 L
No. 3 Cyl	51 oz (3 lb 3 oz) or 46 fl oz (1 qt 14 fl oz)	1.44 kg or 1.36 L	5 $\frac{3}{4}$ cups	1.36 L
No. 2 $\frac{1}{2}$	26 oz (1 lb 10 oz) to 30 oz (1 lb 14 oz)	737 g to 850 g	3 $\frac{1}{2}$ cups	0.83 L
No. 2 Cyl	24 fl oz	709 mL	3 cups	0.71 L
No. 2	20 oz (1 lb 4 oz) or 18 fl oz (1 pt 2 fl oz)	567 g or 532 mL	2 $\frac{1}{2}$ cups	0.59 L
No. 300	14 oz to 16 oz (1 lb)	396 g to 453 g	1 $\frac{3}{4}$ cups	0.41 L
No. 2 (Vacuum)	12 oz	340 g	1 $\frac{1}{2}$ cups	0.36 L
No. 1 (Picnic)	10 $\frac{1}{2}$ oz to 12 oz	297 g to 340 g	1 $\frac{1}{4}$ cups	0.30 L
8 oz	8 oz	226 g	1 cup	0.24 L