## o Common Can Sizes

No. ½ FLAT	Approximately I cup 73/4 to 81/2 oz.	Used principally for salmon.
No. 8Z TALL	Approximately 1 cup 8 oz. (7¾ fl. oz.)	Used for some vegetables and fruits, meat and fish products, specialties.
No. 300	Approximately 1¾ cups 14½ oz. (13½ fl. oz.)	Used principally for meats and specialty items.
No. 1 TALL	Approximately 2 cups 1 lb. (15 fl. oz.)	Used principally for salmon, but some fruits, vegetables and specialties.
No. 303	Approximately 2 cups 1 lb. (15 fl. oz.)	Used for vegetables, fruits and juices, soups, specialties.
No. 2	Approximately 2½ cups 1 lb. 4 oz. (1 pt. 2 fl. oz.)	Used principally for vegetables, fruits and juices.
No. 2½	Approximately 3½ cups 1 lb. 13 oz. (1 pt. 10 fl. oz.)	Used mainly for fruits also for such vegetables as spinach, to-matoes, sauerkraut, beets and pumpkin.
No. 3 CYLINDER	Approximately 5¾ cups 46 oz. (1 qt. 14 fl. oz.)	Used primarily for fruit and vegetable juices.
No. 10	Approximately 12 cups 6 lbs. 9 oz. (3 qts.)	Used for vegetables and fruits. Commonly called institutional or restaurant size and is not ordi- narily available in retail stores.