

FIFTH EDITION

# CANNED FOOD TABLES

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**HOME ECONOMICS—CONSUMER SERVICES  
NATIONAL CANNERS ASSOCIATION**

|               |                               |                               |            |                               |
|---------------|-------------------------------|-------------------------------|------------|-------------------------------|
| CLASS NO.     | TITLE                         | Canned food tables; 5th ed.   |            | L. C. CARD                    |
| SPECIAL       | AUTHOR                        | National Cannerns Association |            |                               |
| LIST PRICE    |                               | PUBLISHER                     | YEAR 1967? |                               |
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TABLE 1 • NUTRITIVE VALUES OF AVERAGE SIZE SERVINGS OF CANNED FOODS

| FOOD                                          | Size of Serving |                                     | Calories | Protein gm. | Fat gm. | Carbo-<br>hydrate gm. | Calcium mg. | Phosphorus mg. | Iron mg. | Vitamin A I. U. | Thiamine (Vit. B <sub>1</sub> ) mg. | Riboflavin (Vit. B <sub>2</sub> ) mg. | Niacin mg. | Ascorbic Acid (Vit. C) mg. |
|-----------------------------------------------|-----------------|-------------------------------------|----------|-------------|---------|-----------------------|-------------|----------------|----------|-----------------|-------------------------------------|---------------------------------------|------------|----------------------------|
|                                               | Weight gm.      | Approximate measure                 |          |             |         |                       |             |                |          |                 |                                     |                                       |            |                            |
| FRUITS                                        |                 |                                     |          |             |         |                       |             |                |          |                 |                                     |                                       |            |                            |
| Apple sauce, unsweetened.....                 | 115             | ½ cup                               | 47       | .2          | .2      | 12.5                  | 5           | 10             | .5       | 40              | .03                                 | .03                                   | —          | 1                          |
| Apple sauce, sweetened.....                   | 120             | ½ cup                               | 88       | .3          | .2      | 23.6                  | 5           | 10             | .5       | 40              | .03                                 | .04                                   | —          | 1                          |
| Apricots, syrup.....                          | 120             | 4 med. size halves & 2T syrup       | 95       | .7          | .1      | 25.7                  | 12          | 18             | .4       | 2,600           | .02                                 | .03                                   | .4         | 5                          |
| Blackberries, syrup.....                      | 115             | ½ cup                               | 86       | .8          | .2      | 22.8                  | 20          | 22             | .8       | 210             | .02                                 | .02                                   | .2         | 7                          |
| Blueberries, syrup.....                       | 120             | ½ cup                               | 113      | .5          | .5      | 30.0                  | 13          | 7              | .6       | 40              | .02                                 | .02                                   | .2         | 15                         |
| Cherries, red, sour, pitted (water pack)..... | 115             | ½ cup                               | 55       | .9          | .4      | 13.7                  | 13          | 14             | .4       | 830             | .03                                 | .02                                   | .2         | 6                          |
| Cherries, sweet, syrup.....                   | 120             | ½ cup                               | 114      | .7          | .2      | 30.5                  | 13          | 14             | .4       | 40              | .02                                 | —                                     | —          | 4                          |
| Cranberry sauce, sweetened.....               | 60              | ¼ cup                               | 115      | .1          | .2      | 31.3                  | 4           | 4              | .2       | 20              | .02                                 | .02                                   | .1         | 2                          |
| Figs, syrup.....                              | 120             | 3 figs & 2T syrup                   | 136      | .9          | .3      | 36.0                  | 42          | 25             | .5       | 60              | .03                                 | .04                                   | .4         | 1                          |
| Fruit cocktail, syrup.....                    | 115             | ½ cup                               | 81       | .4          | .3      | 21.4                  | 11          | 13             | .4       | 180             | .01                                 | .01                                   | .4         | 3                          |
| Grapefruit sections, syrup.....               | 115             | ½ cup                               | 80       | .6          | .2      | 21.3                  | 15          | 16             | .4       | 10              | .04                                 | .03                                   | .3         | 35                         |
| Olives, ripe*.....                            | 15              | 3 large                             | 24       | .2          | 2.6     | .4                    | 12          | 2              | .2       | 30              | —                                   | .03                                   | —          | —                          |
| Peaches, cling, syrup.....                    | 115             | 2 med. size halves & 2T syrup       | 84       | .6          | .1      | 22.3                  | 4           | 13             | .4       | 520             | .01                                 | .02                                   | .7         | 5                          |
| Peaches, freestone, syrup.....                | 115             | 2 med. size halves & 2T syrup       | 88       | .6          | .1      | 23.9                  | 5           | 14             | .4       | 380             | .01                                 | .02                                   | .6         | 4                          |
| Pears, syrup.....                             | 115             | 2 med. size halves & 2T syrup       | 78       | .2          | .1      | 21.1                  | 9           | 12             | .2       | —               | .01                                 | .02                                   | .2         | 2                          |
| Pineapple, sliced, syrup.....                 | 120             | 2 small or 1 large slice & 2T syrup | 93       | .5          | .1      | 25.3                  | 30          | 9              | .7       | 100             | .09                                 | .02                                   | .2         | 11                         |
| Purple plums, syrup*.....                     | 120             | 3 plums & 2T syrup                  | 91       | .5          | .1      | 24.5                  | 10          | 16             | 1.2      | 1,440           | .03                                 | .03                                   | .4         | 2                          |
| JUICES AND NECTARS                            |                 |                                     |          |             |         |                       |             |                |          |                 |                                     |                                       |            |                            |
| Apple juice.....                              | 185             | 5 fl. oz.                           | 92       | .2          | —       | 25.4                  | 11          | 19             | .9       | 70              | .04                                 | .06                                   | —          | 2                          |
| Apricot nectar.....                           | 185             | 6 fl. oz.                           | 101      | .6          | .1      | 27.2                  | 13          | 21             | .6       | 2,200           | .01                                 | .03                                   | .4         | 2                          |
| Grape juice.....                              | 180             | 6 fl. oz.                           | 120      | .7          | —       | 32.7                  | 18          | 18             | .5       | —               | .07                                 | .09                                   | .4         | —                          |
| Grapefruit juice.....                         | 185             | 6 fl. oz.                           | 78       | .9          | .2      | 20.5                  | 15          | 24             | .6       | 20              | .06                                 | .03                                   | .3         | 65                         |
| Grapefruit & Orange juice.....                | 190             | 6 fl. oz.                           | 92       | .9          | .2      | 24.2                  | 18          | 28             | .6       | 80              | .09                                 | .03                                   | .4         | 73                         |
| Lemon juice.....                              | 15<br>120       | 1 T<br>4 fl. oz.                    | 5<br>36  | .1<br>.5    | —<br>.2 | 1.2<br>9.2            | 2<br>17     | 2<br>13        | —<br>.1  | —<br>—          | —<br>.05                            | —<br>—                                | —<br>.1    | 6<br>50                    |

TABLE 1 • CONTINUED

|                                         |           |                            |          |           |          |            |        |         |           |                |            |            |          |           |
|-----------------------------------------|-----------|----------------------------|----------|-----------|----------|------------|--------|---------|-----------|----------------|------------|------------|----------|-----------|
| Orange juice.....                       | 190       | 6 fl. oz.                  | 85       | 1.5       | .4       | 21.1       | 18     | 33      | .5        | 180            | .15        | .04        | .4       | 80        |
| Peach nectar.....                       | 185       | 6 fl. oz.                  | 93       | .6        | —        | 25.2       | 7      | 12      | .6        | 600            | .01        | .02        | .6       | 2         |
| Pear nectar.....                        | 185       | 6 fl. oz.                  | 83       | .2        | .1       | 22.5       | 10     | 14      | .7        | —              | .01        | .02        | .2       | 1         |
| Pineapple juice.....                    | 190       | 6 fl. oz.                  | 92       | .6        | .2       | 24.5       | 28     | 15      | .9        | 150            | .09        | .03        | .3       | 17        |
| Prune juice.....                        | 180       | 6 fl. oz.                  | 128      | .8        | —        | 34.8       | 45     | 72      | 3.2       | —              | .06        | .15        | .7       | 2         |
| Tangerine juice.....                    | 185       | 6 fl. oz.                  | 73       | 1.7       | .6       | 17.0       | 35     | 30      | .4        | 780            | .12        | .05        | .5       | 48        |
| Tomato juice.....                       | 180       | 6 fl. oz.                  | 37       | 1.8       | .4       | 7.7        | 12     | 27      | .7        | 1,890          | .09        | .06        | 1.4      | 29        |
| Vegetable juice cocktail.....           | 180       | 6 fl. oz.                  | 31       | 1.6       | .2       | 5.6        | 22     | 40      | .9        | 2,040          | .09        | .05        | 1.4      | 32        |
| <b>SOUPS (as served)</b>                |           |                            |          |           |          |            |        |         |           |                |            |            |          |           |
| Beef broth, bouillon and consomme.....  | 200       | ¾ cup                      | 26       | 4.2       | —        | 2.1        | —      | 26      | .4        | —              | —          | .02        | 1.0      | —         |
| Bean with bacon or pork.....            | 200       | ¾ cup                      | 134      | 6.4       | 4.6      | 16.0       | 50     | 101     | 1.8       | 550            | .11        | .06        | .8       | 2         |
| Chicken noodle.....                     | 200       | ¾ cup                      | 53       | 2.8       | 1.6      | 6.5        | 7      | 30      | .4        | 30             | .01        | .02        | .7       | —         |
| Mushroom, cream of.....                 | 200       | ¾ cup                      | 111      | 1.9       | 8.0      | 8.2        | 34     | 43      | .3        | 60             | .01        | .10        | .6       | —         |
| Tomato.....                             | 200       | ¾ cup                      | 72       | 1.6       | 2.1      | 12.3       | 11     | 27      | .6        | 810            | .05        | .03        | .9       | 10        |
| Vegetable.....                          | 200       | ¾ cup                      | 63       | 2.6       | 1.3      | 10.3       | 14     | 34      | .9        | 2,520          | .03        | .02        | 1.0      | —         |
| Vegetable beef.....                     | 200       | ¾ cup                      | 65       | 4.2       | 1.8      | 7.5        | 10     | 39      | .6        | 2,200          | .03        | .04        | .8       | —         |
| <b>VEGETABLES</b>                       |           |                            |          |           |          |            |        |         |           |                |            |            |          |           |
| Asparagus, green.....                   | 115       | 6 med. size spears         | 20       | 2.2       | .4       | 3.4        | 21     | 49      | 1.9       | 690            | .09        | .11        | 1.0      | 17        |
| Asparagus, white.....                   | 115       | 6 med. size spears         | 21       | 1.8       | .4       | 3.8        | 17     | 38      | 1.0       | 50             | .07        | .08        | .9       | 17        |
| Beans, baked, pork & molasses.....      | 125       | ½ cup                      | 154      | 7.2       | 3.8      | 24.1       | 70     | 141     | 2.6       | 40             | .06        | .05        | .7       | 3         |
| Beans, pork and beans—tomato sauce..... | 125       | ½ cup                      | 140      | 7.2       | 2.6      | 23.1       | 51     | 141     | 2.2       | 110            | .06        | .05        | .6       | 3         |
| Beans, red kidney.....                  | 120       | ½ cup                      | 108      | 6.8       | .5       | 19.7       | 48     | 149     | 2.3       | —              | .06        | .06        | 1.0      | —         |
| Beans, green.....                       | 110       | ½ cup                      | 20       | 1.1       | .1       | 4.6        | 29     | 21      | 1.6       | 450            | .04        | .05        | .4       | 5         |
| Beans, wax.....                         | 110       | ½ cup                      | 20       | 1.1       | .1       | 4.6        | 29     | 21      | 1.6       | 110            | .04        | .05        | .4       | 5         |
| Beans, lima, green.....                 | 115       | ½ cup                      | 81       | 4.3       | .4       | 15.5       | 31     | 84      | 1.9       | 150            | .05        | .05        | .6       | 10        |
| Beets.....                              | 115       | ½ cup                      | 38       | 1.0       | .1       | 9.1        | 17     | 34      | .7        | 20             | .01        | .03        | .1       | 6         |
| Carrots.....                            | 115       | ½ cup                      | 29       | .7        | .3       | 7.0        | 25     | 28      | .7        | 15,000         | .03        | .03        | .4       | 3         |
| Corn, cream style, white.....           | 115       | ½ cup                      | 91       | 2.5       | .7       | 21.9       | 3      | 63      | .7        | 20             | .03        | .05        | 1.3      | 6         |
| Corn, cream style, yellow.....          | 115       | ½ cup                      | 92       | 2.4       | .7       | 22.5       | 4      | 66      | .7        | 130            | .04        | .06        | 1.1      | 6         |
| Corn, whole kernel, white.....          | 115       | ½ cup                      | 70       | 2.2       | .7       | 16.4       | 5      | 52      | .5        | 40             | .03        | .05        | 1.1      | 5         |
| Corn, whole kernel, yellow.....         | 115       | ½ cup                      | 75       | 2.2       | .7       | 18.0       | 4      | 57      | .4        | 150            | .03        | .05        | 1.0      | 5         |
| Mushrooms.....                          | 90        | ½ cup                      | 17       | 1.1       | .2       | 3.3        | 7      | 81      | .7        | —              | .02        | .22        | 1.8      | —         |
| Peas, Alaska.....                       | 115       | ½ cup                      | 69       | 4.0       | .4       | 12.8       | 23     | 76      | 1.9       | 520            | .12        | .06        | 1.0      | 11        |
| Peas, sweet.....                        | 115       | ½ cup                      | 60       | 4.0       | .5       | 10.4       | 22     | 67      | 1.7       | 510            | .14        | .06        | 1.2      | 11        |
| Peppers, sweet.....                     | 40<br>115 | 1 med. size<br>3 med. size | 11<br>32 | .3<br>1.0 | .2<br>.5 | 2.4<br>7.0 | 3<br>9 | 7<br>21 | .7<br>2.0 | 1,400<br>3,900 | .01<br>.04 | .03<br>.09 | .3<br>.8 | 47<br>136 |
| Pimientos.....                          | 40<br>115 | 1 med. size<br>3 med. size | 8<br>24  | .3<br>1.0 | .1<br>.3 | 1.9<br>5.5 | 3<br>7 | 6<br>17 | .5<br>1.5 | 810<br>2,300   | .01<br>.03 | .03<br>.07 | .2<br>.4 | 45<br>130 |

TABLE 1 • CONTINUED

| FOOD                                       | Size of Serving |                          | Calories | Protein gm. | Fat gm. | Carbo-hydrate gm. | Calcium mg. | Phosphorus mg. | Iron mg. | Vitamin A I. U. | Thiamine (Vit. B <sub>1</sub> ) mg. | Riboflavin (Vit. B <sub>2</sub> ) mg. | Niacin mg. | Ascorbic Acid (Vit. C) mg. |
|--------------------------------------------|-----------------|--------------------------|----------|-------------|---------|-------------------|-------------|----------------|----------|-----------------|-------------------------------------|---------------------------------------|------------|----------------------------|
|                                            | Weight gm.      | Approximate measure      |          |             |         |                   |             |                |          |                 |                                     |                                       |            |                            |
| Potatoes, white.....                       | 115             | 3-4 very small           | 96       | 2.3         | .1      | 22.0              | 13          | 60             | 1.0      | 30              | .09                                 | .05                                   | 1.1        | 15                         |
| Pumpkin.....                               | 115             | ½ cup                    | 34       | 1.4         | .6      | 7.1               | 22          | 41             | .8       | 13,000          | .03                                 | .06                                   | .6         | —                          |
| Sauerkraut.....                            | 110             | ½ cup                    | 21       | 1.2         | .3      | 4.2               | 39          | 20             | .6       | 50              | .04                                 | .07                                   | .1         | 18                         |
| Spinach.....                               | 110             | ½ cup                    | 22       | 2.6         | .5      | 3.3               | 99          | 36             | 2.2      | 7,500           | .02                                 | .11                                   | .4         | 16                         |
| Sweetpotatoes.....                         | 125             | ½ cup                    | 123      | 1.9         | .1      | 32.1              | 26          | 63             | .8       | 10,000          | .06                                 | .05                                   | .5         | 20                         |
| Tomatoes.....                              | 115             | ½ cup                    | 21       | 1.1         | .3      | 4.5               | 40          | 31             | .7       | 1,200           | .07                                 | .04                                   | .8         | 19                         |
| Turnip greens.....                         | 110             | ½ cup                    | 16       | 1.6         | .3      | 2.7               | 110         | 33             | 5.0      | 4,800           | .02                                 | .09                                   | .7         | 22                         |
| <b>FISH AND SEAFOOD</b>                    |                 |                          |          |             |         |                   |             |                |          |                 |                                     |                                       |            |                            |
| Clams**.....                               | 85              | ½ cup                    | 37       | 6.6         | .9      | —                 | 73          | 105            | 5.3      | 70              | .04                                 | .08                                   | .9         | —                          |
| Crab meat**.....                           | 85              | ½ cup                    | 83       | 14.2        | 2.5     | —                 | 38          | 153            | .8       | —               | .04                                 | .05                                   | 2.1        | —                          |
| Lobster**.....                             | 85              | ½ cup                    | 75       | 15.4        | 1.1     | —                 | 55          | 161            | .7       | —               | .03                                 | .06                                   | 1.9        | —                          |
| Mackerel.....                              | 105             | ½ cup                    | 192      | 20.2        | 11.7    | —                 | 194         | 287            | 2.2      | 460             | .06                                 | .22                                   | 6.0        | —                          |
| Salmon, pink.....                          | 115             | ½ cup                    | 188      | 22.7        | 10.1    | —                 | 177         | 333            | 1.0      | 80              | .03                                 | .16                                   | 8.3        | —                          |
| Salmon, red.....                           | 115             | ½ cup                    | 188      | 22.7        | 10.1    | —                 | 177         | 333            | 1.0      | 350             | .03                                 | .16                                   | 8.3        | —                          |
| Sardines in oil**.....                     | 60              | 5 med. or 7 small        | 168      | 11.8        | 13.0    | —                 | 212         | 260            | 2.1      | 140             | .01                                 | .08                                   | 3.0        | —                          |
| Sardines in tomato sauce (Pilchards).....  | 105             | 1½ large                 | 227      | 18.7        | 15.6    | 1.6               | 400         | 176            | 4.4      | —               | .01                                 | .27                                   | 5.3        | —                          |
| Shrimp**.....                              | 65              | 10-12 med.               | 46       | 9.8         | .5      | —                 | 36          | 97             | 1.4      | 40              | .01                                 | .02                                   | .9         | —                          |
| Tuna in oil**.....                         | 100             | ½ cup                    | 280      | 29.0        | 17.3    | —                 | 8           | 350            | 1.2      | 50              | .04                                 | .12                                   | 12.8       | —                          |
| <b>MEAT, POULTRY, MISC. PREPARED FOODS</b> |                 |                          |          |             |         |                   |             |                |          |                 |                                     |                                       |            |                            |
| Beef, corned.....                          | 90              | 3 oz.                    | 192      | 22.7        | 10      | —                 | 18          | 95             | 3.9      | —               | .02                                 | .22                                   | 3.0        | —                          |
| Beef, corned, hash.....                    | 115             | ½ cup                    | 163      | 15.8        | 7.0     | 8.2               | 29          | 168            | 1.5      | —               | .03                                 | .16                                   | 3.4        | —                          |
| Beef, gravy.....                           | 61              | ¼ cup                    | 30       | 1.9         | 1.2     | 3.0               | —           | 20             | .4       | —               | —                                   | .02                                   | .9         | —                          |
| Beef, roast.....                           | 90              | 3 oz.                    | 202      | 23          | 11      | —                 | 15          | 105            | 2.2      | —               | .02                                 | .21                                   | 3.8        | —                          |
| Beef stew with carrots.....                | 200             | ¾ cup                    | 158      | 11.6        | 6.2     | 13.6              | 24          | 90             | 1.8      | 2,000           | .06                                 | .10                                   | 2.0        | 6                          |
| Chicken, boned.....                        | 85              | 3 oz.                    | 151      | 17.3        | 8.5     | .2                | 12          | 126            | 1.5      | —               | —                                   | .09                                   | 4.7        | —                          |
| Chicken stew with carrots.....             | 200             | ¾ cup                    | 162      | 10.2        | 6.8     | 15.0              | 64          | 62             | .8       | 2,000           | .04                                 | .10                                   | 4.2        | —                          |
| Chili con carne.....                       | 115             | ½ cup                    | 167      | 7.5         | 10.9    | 9.8               | 44          | 175            | 1.6      | —               | .04                                 | .09                                   | 1.8        | —                          |
| Luncheon meat, pork.....                   | 90              | 2 slices<br>(1¼"x¾"x3½") | 260      | 13.4        | 21.9    | 1.4               | 8           | 144            | 2.0      | —               | .29                                 | .20                                   | 2.5        | —                          |
| Macaroni/cheese sauce.....                 | 188             | ¾ cup                    | 179      | 7.3         | 7.5     | 20.0              | 156         | 143            | 7.5      | 207             | .09                                 | .19                                   | .8         | —                          |
| Spaghetti/tomato sauce.....                | 188             | ¾ cup                    | 143      | 4.1         | 1.1     | 28.6              | 30          | 66             | 2.1      | 695             | .26                                 | .21                                   | 3.4        | 7                          |
| Vienna sausage.....                        | 60              | 4-5                      | 127      | 9.5         | 9.6     | —                 | 5           | 102            | 1.4      | —               | .02                                 | .09                                   | 1.6        | —                          |
| <b>OTHER FOODS</b>                         |                 |                          |          |             |         |                   |             |                |          |                 |                                     |                                       |            |                            |

In addition to the foods individually listed in this chart many canned foods make major nutritional contributions to infant, youth and adult diets.

Values for the canned products listed here have been taken from the results of research work sponsored jointly by the National Canners Association and the Can Manufacturers' Institute, and from U.S.D.A. Agriculture Handbook No. 8.

Other recent sources have been used in some instances. Values are based on total content of can except where noted. Size servings are based on commonly served portions, representing equal divisions of common can sizes.

\*Edible portion

\*\*Drained

**TABLE 2 • ABRIDGED FROM RECOMMENDED DIETARY ALLOWANCES, Revised 1963**

Food and Nutrition Board, National Academy of Sciences, National Research Council Publication No. 1146

Designed for the maintenance of good nutrition of practically all healthy persons in the United States  
(Allowances are intended for persons normally active in a temperate climate.)

| Sex and Age        | Weight | Height | Calories | Protein | Calcium | Iron | Vitamin A | Thiamine | Riboflavin | Niacin Equivalents | Ascorbic Acid |
|--------------------|--------|--------|----------|---------|---------|------|-----------|----------|------------|--------------------|---------------|
|                    | lb.    | in.    |          | gm.     | gm.     | mg.  | I. U.     | mg.      | mg.        | mg.                | mg.           |
| Men, 18-35 yrs.    | 154    | 69     | 2900     | 70      | 0.8     | 10   | 5000      | 1.2      | 1.7        | 19                 | 70            |
| Women, 18-35 yrs.  | 128    | 64     | 2100     | 58      | 0.8     | 15   | 5000      | 0.8      | 1.3        | 14                 | 70            |
| Children, 6-9 yrs. | 53     | 49     | 2100     | 52      | 0.8     | 12   | 3500      | 0.8      | 1.3        | 14                 | 60            |
| Boys, 9-12 yrs.    | 72     | 55     | 2400     | 60      | 1.1     | 15   | 4500      | 1.0      | 1.4        | 16                 | 70            |
| Boys, 12-15 yrs.   | 98     | 61     | 3000     | 75      | 1.4     | 15   | 5000      | 1.2      | 1.8        | 20                 | 80            |
| Boys, 15-18 yrs.   | 134    | 68     | 3400     | 85      | 1.4     | 15   | 5000      | 1.4      | 2.0        | 22                 | 80            |
| Girls, 9-12 yrs.   | 72     | 55     | 2200     | 55      | 1.1     | 15   | 4500      | 0.9      | 1.3        | 15                 | 80            |
| Girls, 12-15 yrs.  | 103    | 62     | 2500     | 62      | 1.3     | 15   | 5000      | 1.0      | 1.5        | 17                 | 80            |
| Girls, 15-18 yrs.  | 117    | 64     | 2300     | 58      | 1.3     | 15   | 5000      | 0.9      | 1.3        | 15                 | 70            |

**TABLE 3 • CANNED FOODS: SERVINGS PER CAN OR JAR**

| Product                                                                                                                                                                                                                                                                                            | Content—Can or Jar (approximate)                                                                 |                                                                         |                                   | Size of each<br>Serving (approximate)                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------------|-----------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                                    | Net weight or volume                                                                             | Cups or Pieces                                                          | Servings                          |                                                                       |
| FRUITS                                                                                                                                                                                                                                                                                             |                                                                                                  |                                                                         |                                   |                                                                       |
| Apples; Apple sauce; Berries; Cherries; Grapes;<br>Grapefruit and Orange Sections; Fruit cocktail;<br>Fruits for Salad; Sliced Peaches; Pears; Pine-<br>apple Chunks, Crushed, Tidbits                                                                                                             | 8½—8¾ oz.<br>16—17 oz.<br>1 lb. 4 oz.<br>1 lb. 13 oz.<br>6 lb. 2 oz. to<br>6 lb. 12 oz.          | 1 cup<br>1¾—2 cups<br>2¼—2½ cups<br>3¼—3½ cups<br>12—13 cups            | 2<br>3—4<br>5<br>5—7<br>25        | ½ cup<br>½ cup<br>½ cup<br>½ cup<br>½ cup                             |
| Apricots, Whole (Medium Size)                                                                                                                                                                                                                                                                      | 16—17 oz.<br>1 lb. 13 oz.<br>6 lb. 10 oz.                                                        | 8—14<br>15—18<br>50—60                                                  | 3—4<br>5—7<br>25                  | 2—3 apricots<br>2—3 apricots<br>2—3 apricots                          |
| Apricots, Halves (Medium Size)                                                                                                                                                                                                                                                                     | 8¾ oz.<br>16—17 oz.<br>1 lb. 13 oz.<br>6 lb. 10 oz.                                              | 6—12<br>12—20<br>26—35<br>95—130                                        | 2<br>3—4<br>5—7<br>25             | 3—5 halves<br>3—5 halves<br>3—5 halves<br>3—5 halves                  |
| Peaches, Halves<br>Pears, Halves                                                                                                                                                                                                                                                                   | 16—17 oz.<br>1 lb. 13 oz.<br>6 lb. 10 oz.                                                        | 6—10<br>7—12<br>45—65                                                   | 3—4<br>5—7<br>25                  | 2 medium halves<br>1 large half<br>2 medium halves                    |
| Pineapple, Sliced                                                                                                                                                                                                                                                                                  | 9 oz.<br>1 lb. 4 oz.<br>1 lb. 14 oz.<br>6 lb. 12 oz.                                             | 4<br>10<br>8<br>28—50                                                   | 2<br>5<br>8<br>25                 | 2 slices<br>2 slices<br>1 large slice<br>1 large or<br>2 small slices |
| Plums; Prunes                                                                                                                                                                                                                                                                                      | 8¾ oz.<br>16—17 oz.<br>1 lb. 14 oz.<br>6 lb. 10 oz.                                              | 7—9<br>10—14<br>12—20<br>40—60                                          | 2<br>3—4<br>5—7<br>25             | 2—3 plums<br>2—3 plums<br>2—3 plums<br>2—3 plums                      |
| Figs                                                                                                                                                                                                                                                                                               | 8—9 oz.<br>16—17 oz.<br>1 lb. 14 oz.<br>7 lb.                                                    | 6—12<br>12—20<br>18—24<br>70—90                                         | 2<br>3—4<br>5—7<br>25             | 3—4 figs<br>3—4 figs<br>3—4 figs<br>3—4 figs                          |
| Cranberry Sauce                                                                                                                                                                                                                                                                                    | 6—8 oz.<br>1 lb.<br>7 lb. 5 oz.                                                                  | ¾—1 cup<br>2 cups<br>12—13 cups                                         | 4<br>8<br>50                      | ¼ cup<br>¼ cup<br>¼ cup                                               |
| *Olives, Ripe                                                                                                                                                                                                                                                                                      | 4½ oz.<br>9 oz.<br>1 lb. 2 oz.<br>4 lb. 2 oz.                                                    | .....<br>.....<br>.....<br>.....                                        | .....<br>.....<br>.....<br>.....  | 3 olives<br>3 olives<br>3 olives<br>3 olives                          |
| VEGETABLES                                                                                                                                                                                                                                                                                         |                                                                                                  |                                                                         |                                   |                                                                       |
| Asparagus Cuts; Beans, Green and Wax, Kidney,<br>Lima; Beets; Carrots; Corn; Hominy; Okra;<br>Onions; Peas; Peas and Carrots; Black Eye Peas;<br>Pumpkin; Sauerkraut; Spinach and other Greens;<br>Squash; Succotash; **Sweetpotatoes; Tomatoes;<br>Mixed Vegetables; Potatoes, White, Cut, Sliced | 8—8½ oz.<br>12 oz.<br>16—17 oz.<br>1 lb. 4 oz.<br>1 lb. 13 oz.<br>6 lb. 2 oz. to<br>6 lb. 12 oz. | 1 cup<br>1½—1¾ cups<br>2 cups<br>2¼—2½ cups<br>3¼—3½ cups<br>12—13 cups | 2<br>3—4<br>3—4<br>5<br>5—7<br>25 | ½ cup<br>½ cup<br>½ cup<br>½ cup<br>½ cup<br>½ cup                    |

TABLE 3 • CONTINUED

| Product                                                                                                                                                                             | Content—Can or Jar (approximate)                                                                                 |                                                                                      |                                                                              | Size of each Serving (approximate)                                                                                           |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                     | Net weight or volume                                                                                             | Cups or Pieces                                                                       | Servings                                                                     |                                                                                                                              |
| Asparagus Spears (Medium Size)                                                                                                                                                      | 10½ oz.<br>14½–16 oz.<br>1 lb. 3 oz.<br>4 lb. 4 oz.                                                              | 9–12 spears<br>16–28 spears<br>20–30 spears<br>115–145 spears                        | 2<br>3<br>5<br>25                                                            | 4–6 spears<br>4–6 spears<br>4–6 spears<br>4–6 spears                                                                         |
| Potatoes, White, Peeled, Whole, Small                                                                                                                                               | 16–17 oz.<br>6 lb. 6 oz.                                                                                         | 8–12<br>55–65                                                                        | 3–4<br>25                                                                    | 2–3 potatoes<br>2–3 potatoes                                                                                                 |
| Beans: Baked; with Pork; in Sauce                                                                                                                                                   | 8¾ oz.<br>1 lb.<br>1 lb. 10 oz.<br>6 lb. 14 oz.                                                                  | 1 cup<br>1¾ cups<br>3 cups<br>12–13 cups                                             | 1–2<br>3–4<br>4–6<br>16–25                                                   | ½–¾ cup<br>½–¾ cup<br>½–¾ cup<br>½–¾ cup                                                                                     |
| * Mushrooms                                                                                                                                                                         | 2 oz.<br>4 oz.<br>8 oz.<br>4 lb. 4 oz.                                                                           | ½ cup<br>¾ cup<br>1½ cups<br>12–13 cups                                              | 1<br>2<br>4<br>36                                                            | ½ cup<br>½ cup<br>½ cup<br>½ cup                                                                                             |
| Pimientos; Peppers, Red Sweet                                                                                                                                                       | 2 oz.<br>4 oz.<br>7 oz.<br>6 lb. 13 oz.                                                                          | ¼ cup<br>½ cup<br>1 cup<br>12–13 cups                                                | .....<br>.....<br>.....<br>.....                                             | .....<br>.....<br>.....<br>.....                                                                                             |
| <b>JUICES</b>                                                                                                                                                                       |                                                                                                                  |                                                                                      |                                                                              |                                                                                                                              |
| Apple; Cherry; Cranberry; Grape; Grapefruit; Grapefruit-Orange; Loganberry; Nectars; Orange; Pineapple; Prune; Tangerine; Carrot; Sauerkraut; Tomato; Vegetable; Vegetable Cocktail | 6–8 oz.<br>12 fl. oz.<br>1 pint<br>1 pt. 2 fl. oz.<br>1 pt. 7 fl. oz.<br>1 quart<br>1 qt. 14 fl. oz.<br>3 quarts | ¾–1 cup<br>1½ cups<br>2 cups<br>2¼–2½ cups<br>3 cups<br>4 cups<br>5¾ cups<br>12 cups | 1–2<br>3<br>2<br>4<br>3<br>5<br>3<br>6<br>4<br>8<br>5<br>12<br>8<br>24<br>16 | 4–6 oz.<br>4 oz.<br>6 oz.<br>4 oz.<br>6 oz.<br>4 oz.<br>6 oz.<br>6 oz.<br>4 oz.<br>6 oz.<br>6 oz.<br>4 oz.<br>6 oz.<br>4 oz. |
| Lemon; Lime                                                                                                                                                                         | 5½–6 oz.                                                                                                         | ¾ cup                                                                                | .....                                                                        | .....                                                                                                                        |
| <b>SOUPS</b>                                                                                                                                                                        |                                                                                                                  |                                                                                      |                                                                              |                                                                                                                              |
| Condensed                                                                                                                                                                           | 10½–12 oz.<br>3 lb. 2 oz.                                                                                        | 1¼ cups<br>(2½ cups prepared soup)<br>5¾ cups<br>(11½ cups prepared soup)            | 3<br>12–16                                                                   | ¾ cup<br>¾ cup                                                                                                               |
| Ready-to-serve                                                                                                                                                                      | 8 fl. oz. indiv.<br>12 fl. oz.<br>15 fl. oz.<br>1 pt. 5 fl. oz.<br>to<br>1 pt. 9 fl. oz.<br>3 qt.                | 1 cup<br>1½ cups<br>2 cups<br>2½–3 cups<br>12 cups                                   | 1<br>2<br>3<br>4<br>20                                                       | 1 cup<br>¾ cup<br>¾ cup<br>¾ cup<br>¾ cup                                                                                    |
| <b>MEATS &amp; POULTRY</b>                                                                                                                                                          |                                                                                                                  |                                                                                      |                                                                              |                                                                                                                              |
| Chili Con Carne; Chili Con Carne with Beans                                                                                                                                         | 15–16 oz.<br>1½ lb.<br>6 lb. 12 oz.                                                                              | 2 cups<br>3 cups<br>12–13 cups                                                       | 3–4<br>4–5<br>18–24                                                          | ½–¾ cup<br>½–¾ cup<br>½–¾ cup                                                                                                |
| Corned Beef                                                                                                                                                                         | 12 oz.<br>6 lb.                                                                                                  | .....<br>.....                                                                       | 4<br>30                                                                      | 3 oz.<br>3 oz.                                                                                                               |
| Corned Beef Hash                                                                                                                                                                    | 8 oz.<br>1 lb.<br>1½ lb.<br>5 lb. 8 oz. to<br>5 lb. 14 oz.                                                       | 1 cup<br>2 cups<br>3 cups<br>12–13 cups                                              | 1–2<br>3–4<br>5–6<br>18–24                                                   | ½–¾ cup<br>½–¾ cup<br>½–¾ cup<br>½–¾ cup                                                                                     |

TABLE 3 • CONTINUED

| Product                                                                   | Content—Can or Jar (approximate)                 |                                  |                         | Size of each Serving (approximate)  |
|---------------------------------------------------------------------------|--------------------------------------------------|----------------------------------|-------------------------|-------------------------------------|
|                                                                           | Net weight or volume                             | Cups or Pieces                   | Servings                |                                     |
| Deviled Ham                                                               | 2¼–3 oz.<br>4½ oz.                               | ½ cup<br>½ cup                   | 3–4<br>5–6              | 1½ tablespoons<br>1½ tablespoons    |
| Deviled Meat; Potted Meat; Meat Spreads                                   | 2–3¼ oz.<br>5½ oz.                               | ½ cup<br>¾ cup                   | 3–4<br>8                | 1½ tablespoons<br>1½ tablespoons    |
| Luncheon Meat                                                             | 12 oz.<br>6 lb.                                  | .....<br>.....                   | 4<br>32                 | 2 slices<br>(3½" x 1 ¾" x ⅜")       |
| Tongue: Beef; Lamb; Pork                                                  | 6 oz.<br>12 oz.<br>1–2 lb.                       | .....<br>.....<br>.....          | 2<br>4<br>5–10          | 3 oz.<br>3 oz.<br>3 oz.             |
| Hams, Whole (Small)<br>(Medium)<br>(Large)                                | 1½–4 lb.<br>6–8 lb.<br>9–14 lb.                  | .....<br>.....<br>.....          | 3–4<br>per<br>pound     | 2 slices<br>(4" x 3" x ⅜")          |
| Poultry, Boned: Chicken; Turkey                                           | 5–6 oz.<br>12 oz.<br>1 lb. 14 oz.<br>2 lb. 3 oz. | .....<br>.....<br>.....<br>..... | 2<br>4<br>10<br>12      | 3 oz.<br>3 oz.<br>3 oz.<br>3 oz.    |
| Sausage, Pork; Frankfurters                                               | 8 oz.<br>12 oz.                                  | 11–12<br>8–9 large               | 3–4<br>4                | 3 sausages<br>2 sausages            |
| Stew: Beef; Lamb                                                          | 1 lb.<br>1 lb. 4 oz.<br>1½ lb.                   | 2 cups<br>2½ cups<br>3 cups      | 2<br>3<br>4             | ¾ cup<br>¾ cup<br>¾ cup             |
| Vienna Sausage                                                            | 4 oz.<br>9 oz.                                   | 8–10<br>16–20                    | 2<br>4                  | 4–5 sausages<br>4–5 sausages        |
| <b>FISH AND SEAFOOD</b>                                                   |                                                  |                                  |                         |                                     |
| Clams                                                                     | 7½ oz.                                           | 1 cup                            | 2                       | ½ cup                               |
| Crab Meat                                                                 | 5½–7½ oz.                                        | ¾–1 cup                          | 2–3                     | ⅓–½ cup                             |
| Mackerel                                                                  | 1 lb.                                            | 2 cups                           | 4                       | ½ cup                               |
| Oysters                                                                   | 8 oz.                                            | 1 cup                            | 2                       | ½ cup                               |
| Salmon                                                                    | 7¼ oz.<br>1 lb.                                  | 1 cup<br>2 cups                  | 2<br>4                  | ½ cup<br>½ cup                      |
| Sardines<br>Sardines, Pilchards                                           | 3¼–4 oz.<br>15 oz.                               | 6–10<br>6–7 large                | 1½<br>4                 | 5–7 sardines<br>1½ sardines         |
| *Shrimp                                                                   | 4½–6½ oz.                                        | 25–35                            | 3–4                     | 10–12 medium size<br>6–8 jumbo size |
| Tuna in Oil                                                               | 6–7 oz.<br>13 oz.                                | 1 cup<br>1¼ cups                 | 2<br>4                  | ½ cup<br>½ cup                      |
| <b>INFANT FOODS</b>                                                       |                                                  |                                  |                         |                                     |
| VEGETABLES AND FRUITS<br>Infant: Strained; Homogenized<br>Junior: Chopped | 4¾ oz.<br>6½ oz.<br>8 oz.                        | ½ cup<br>¾ cup<br>¾ cup          | .....<br>.....<br>..... | .....<br>.....<br>.....             |
| MEATS<br>Infant: Strained<br>Junior: Chopped                              | 3½ oz.<br>3½ oz.                                 | 7 tablespoons<br>7 tablespoons   | .....<br>.....          | .....<br>.....                      |
| SOUPS<br>Infant<br>Junior                                                 | 4¾ oz.<br>8 oz.                                  | ½ cup<br>¾ cup                   | .....<br>.....          | .....<br>.....                      |

\*Declared as drained weight. The number of olives per container varies as to size of the olives.

\*\*Sweetpotatoes also come in 1 lb. 2 oz. to 1 lb. 7 oz. cans.

NOTE: The net weight of various foods in the same size can or glass jar will vary with the density of the food. For the most part only minimum weights are shown in the table. Cups or pieces and servings in the table have been given in approximates; and sizes of servings are given in rounded numbers in order to furnish a practical guide.

**TABLE 4 • COMMON CONTAINER SIZES**

The labels of cans or jars of identical size may show a net weight for one product that differs slightly from the net weight on the label of another product, due to the difference in the density of the food. An example would be pork and beans (1 lb.), blueberries (14 oz.), in the same size can.

|                 | Container                             |                  | Products                                                                                                                                            |
|-----------------|---------------------------------------|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| Industry Term   | Consumer Description                  |                  |                                                                                                                                                     |
|                 | Approximate Net Weight (check label)  | Approximate Cups |                                                                                                                                                     |
| 8 ounce         | 8 oz.                                 | 1                | Fruits, vegetables, *specialties. 2 servings.                                                                                                       |
| Picnic          | 10½ to 12 oz.                         | 1¼               | Condensed soups, small quantities of fruits, vegetables, meat and fish products, *specialties. 2 to 3 servings.                                     |
| 12 oz. (vacuum) | 12 oz.                                | 1½               | Used largely for vacuum packed corn. 3 to 4 servings.                                                                                               |
| No. 300         | 14 to 16 oz.                          | 1¾               | Pork and beans, baked beans, meat products, cranberry sauce, blueberries, *specialties. 3 to 4 servings.                                            |
| No. 303         | 16 to 17 oz.                          | 2                | Fruits, vegetables, meat products, ready-to-serve soups, *specialties. 4 servings.                                                                  |
| No. 2           | 1 lb. 4 oz.<br>or<br>1 pt. 2 fl. oz.  | 2½               | **Juices, ready-to-serve soups, *specialties, and a few fruits and vegetables. No longer in popular use for most fruits and vegetables. 5 servings. |
| No. 2½          | 1 lb. 13 oz.                          | 3½               | Fruits, some vegetables (pumpkin, sauerkraut, spinach and other greens, tomatoes). 5 to 7 servings.                                                 |
| No. 3 Cyl.      | 3 lb. 3 oz.<br>or<br>1 qt. 14 fl. oz. | 5¾               | Fruit and vegetable juices, pork and beans, condensed soup and some vegetables for institutional use. 10 to 12 servings.                            |
| No. 10          | 6½ lb. to<br>7 lb. 5 oz.              | 12-13            | Fruits, vegetables and some other foods for restaurant and institutional use. 25 servings.                                                          |

Strained and homogenized foods for infants, and chopped Junior foods, come in small jars and cans suitable for the smaller servings used. The weight is given on the label.

Meats, Poultry, Fish and Seafood are almost entirely advertised and sold under weight terminology.

\*SPECIALTIES: Usually a food combination such as macaroni, spaghetti, Spanish style rice, Mexican type foods, Chinese foods, tomato aspic, etc.

\*\*Juices are now being packed in a number of can sizes.

**TABLE 5 • SUBSTITUTING ONE CAN FOR ANOTHER SIZE—for institutional use**

|                          | Approx.                     |      |
|--------------------------|-----------------------------|------|
| 1 No. 10 can equals..... | 7 No. 303 (1 lb.)           | cans |
| 1 No. 10 can equals..... | 5 No. 2 (1 lb. 4 oz.)       | cans |
| 1 No. 10 can equals..... | 4 No. 2½ (1 lb. 13 oz.)     | cans |
| 1 No. 10 can equals..... | 2 No. 3 Cyl. (46 to 50 oz.) | cans |

# HOME ECONOMICS—CONSUMER SERVICES

## NATIONAL CANNERS ASSOCIATION

1133 20th ST. N.W., WASHINGTON, D.C. 20036