

Quality Protein - It's in the Can!

Protein is associated with muscle and tissue health, but some research suggests that it may play a role in satiety (feeling of fullness), weight management, and even energy. In fact, a recent survey found that nine in 10 Americans believe that protein helps them feel fuller and satisfied longer.¹

When it comes to protein, more isn't necessarily better, and not all proteins are created equal. According to the latest dietary guidance, protein sources should comprise about one-quarter of the diet and should include lean cuts of meats and poultry, most types of seafood, and plant sources such as beans, nuts and legumes.²

Canned foods are a convenient and tasty way to incorporate more nutritious proteins into one's diet. The majority of Americans (67%) have a great tasting, family-favorite recipe using canned proteins.¹ Here's a guide to nutritious canned protein options, along with some meal inspirations to get you and your family cooking!

Canned Protein	Benefits	Use in	Recipe to Try
Chicken	Lean, low calorie Often white/breast meat	Salads, sandwiches, pastas, baked dishes, stir fry	Chicken Tacos with Peach Salsa
Tuna	Provides omega-3 fats	Salads, sandwiches, pastas, baked dishes	Neapolitan Tuna Fettuccine
Salmon	Provides omega-3 fats, calcium	Salads, sandwiches, pastas, patties	Grilled Salmon Burgers
Shrimp	Lean, low calorie Provides calcium	Salads, pastas, baked dishes	Shrimp Salad Remoulade
Clams	Lean, low calorie High in iron	Pastas, baked dishes, soups	Nantucket Clam Chowder
Crabmeat	Lean, low calorie Provides calcium	Crab cakes, fritters, salads	Crab Cakes with Caper Mayonnaise
Beans	Lean, low calorie High in fiber, iron	Salads, purees, baked dishes, soups	Carne Asada Burrito

For more recipe ideas, visit www.CansGetYouCooking.com

¹ Survey of Consumers Perceptions and Consumption of Canned Protein Foods, Can Manufacturers Institute, December 2014.

² Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2015-2020. 8th Edition, Washington, DC: U.S. Government Printing Office, January 2016.