

CANNED FOODS

Healthy for Americans, the Environment & the Economy

Millions of families depend on canned foods for highly nutritious, low-cost meals

WHY CANS MATTER...



Most Americans don't eat enough fruits and vegetables to satisfy federal recommendations for a healthy diet.



42.2 million Americans live in "food insecure" households, meaning lack of money is a factor for many.



23.5 million Americans live in food "deserts" where fresh produce is scarce.



Americans waste 15 to 20 percent of fresh fruits and vegetables annually. 21 percent of the landfill heap is food.

Equally Nutritious – or Better

Canned fruits, vegetables and proteins, like beans, pack the same nourishment as fresh and frozen varieties – and sometimes even more.



Plant protein contained in canned beans, nuts and legumes provides a healthy and affordable alternative to meat.



Compared to the fresh variety, canned tomatoes contain more B vitamins, as well as lycopene, an antioxidant that can reduce the risk of some cancers.

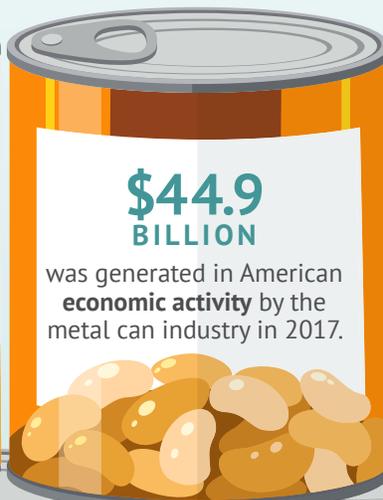


Adults and kids who eat canned fruits and vegetables get more dietary fiber – and consume less fat and saturated fat – than those who don't use cans.



Important nutrients lacking in American diets – like potassium, vitamin D and calcium – are plentiful in canned foods, like peaches and salmon.

Good for the Economy



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Readily Available and Affordable

From convenience stores to supermarkets, cost-effective, healthful canned foods are always on the shelf and in season.

MORE THAN
1,500
FOOD OPTIONS

from salmon to spinach, come sealed in cans, capturing nutrition, freshness and flavor.

Canned vegetables can cost up to 50 percent less than fresh and 20 percent less than frozen.



Canned foods are an important source of key vitamins and nutrients for people who live on restricted incomes and government assistance.



Fresh green beans cost nearly

500%

more than canned green beans.



Safe and Eco-Friendly

Canned foods are safe and shelf-stable, and cans are environmentally friendly.

Metal food cans are the most sustainable packaging choice. Americans recycle metal cans

2.5x

more often than other food packaging.



Recipes that include canned foods typically call for using the full can, meaning less food is tossed out.

At least
128,000
AMERICANS

are hospitalized every year with foodborne illnesses.

Canning prevents
CONTAMINATION
from microorganisms.



Cans have a two-year shelf life, which helps reduce the amount of spoiled food Americans throw away.

