

Build a Healthy Plate with Canned Fruits and Vegetables

Canned fruits and vegetables empower people to make better, healthier choices in the grocery aisle and feel confident about serving meals at home. They are a smart solution for better eating, providing affordable ingredients that cut down prep time, making homemade meals easier and more accessible.

Canned foods are recommended by numerous public health experts, including the American Heart Association and the Academy of Nutrition and Dietetics, and promoted within various health initiatives. Furthermore, the 2015-2020 Dietary Guidelines for Americans (DGA) highlights that fruits and vegetables include fresh, canned, frozen and dried forms as healthy eating options.



Four Reasons Cans Count at Mealtime

Packed with Underconsumed Nutrients

According to the 2015-2020 DGA, a variety of canned foods are a great source of key nutrients of concern for Americans including potassium, dietary fiber, calcium and vitamin D. Meanwhile, canned fruits and vegetables provide only two percent of added sugar in the diet, and vegetables contribute only 11 percent of sodium intake.

Endless Variety in Every Season

There are more than 1,500 food items that come in cans. This provides almost limitless options in creating flavorful and nutritious meals. And, because fruits and vegetables are picked fresh and sealed quickly in a can, they can be enjoyed all year round without sacrificing nutrients. A Michigan State University study found that canned fruits and vegetables are nutritionally comparable to fresh and frozen — sometimes even better.

Safety Sealed in Each Can

The high-heat canning process is one of the safest when it comes to preserving food because it prevents the growth of microorganisms that cause food borne illnesses. The can is a protective container, sealing in great taste and protecting against microbes. Even if a can has a small dent (no deeper than a finger) and no sharp points, the food is safe to eat as long as the dent is on the side and not the seam.

Environmentally Friendly Mealtime Solution

Americans waste approximately 15 to 20 percent of fresh fruits and vegetables every year. Canned food can help you reach your daily goals for fruits and vegetables while minimizing loss. They are also the most recycled package in America today, with a recycling rate 2.5 times higher than that of most other packaging options. Metal cans may be recycled endlessly without the loss of strength or quality, making it an eco-friendly choice for preserving nutritious food.

For more resources and infographics about canned foods, visit Cancentral.com.

SOURCES:

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