Canned Proteins: Convenient, Nutritious & Delicious

Consumers depend on canned foods to fulfill their protein needs.

Nearly all Americans surveyed had eaten at least one kind of canned protein in the past month.

9 in 10 Americans use canned beans, chicken or fish as a convenient source of protein.

Protein is an essential nutrient for building and maintaining the body’s muscles and tissues.

Nearly 9 in 10 Americans believe that protein helps them feel fuller and satisfied longer.

Canned proteins make it easy to prepare a nutritious, satisfying meal or snack.

Common uses:

- Drain, rinse and eat directly
- Make into sandwiches
- Top onto salads
- Add into casseroles or soups

A variety of canned proteins are popular and used regularly during mealtimes.

Canned Protein Foods Used in the Past 30 Days

For nutritious and flavorful recipes using canned proteins, visit CansGetYouCooking.com.

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