

10 Reasons Cans Will Get You Cooking



Canned foods are a smart solution for better eating in today's fast-paced world. The can seals in freshness, flavor and nutrition without sacrificing convenience, enabling you to be confident about creating more, healthy meals. Start cooking today!

1. Cans seal in nutrition, freshness and flavor, naturally

Fresh fruits and vegetables are harvested at their peak of ripeness and canned within hours, making the can one of the best ways to lock in nutrients and get food from its source to your family table. Like the home canning process, canning seals in food's natural goodness and nutrition so it's there for you any time.

2. Canned produce is on par nutritionally with fresh and frozen varieties, and in some cases even better

Studies conducted by researchers at Michigan State University, University of California at Davis and Oregon State University all concluded that canned foods have similar (or better) nutritional profiles as their fresh or frozen counterparts. For example, canned tomatoes have more lycopene, which is associated with reducing cancer risk and has more B vitamins than fresh tomatoes. Canning also helps make fiber in certain vegetables, like beans, more soluble and therefore more useful to the human body.

3. Canned foods are affordable

Families can stretch their grocery budgets by choosing canned produce and meat. For example, fresh green beans are nearly 500 percent more costly than canned green beans, according to a Michigan State University analysis.¹ Plus, you save money because canned foods don't easily spoil!

4. Canned foods mean less prep

Families have fast-paced lives and they can't always plan meals around work and kids' activities. Having canned foods in your pantry provides a great option for a quick and easy meal so families don't have to eat out. All canned foods are stamped with a "best by" or "use by" date to help you determine how long the items should be stored. In general, the canned foods you buy in the store today are good for at least one year.

5. Cans seal out foodborne pathogens

According to the Centers for Disease Control and Prevention, at least 128,000 Americans are hospitalized every year with foodborne illnesses.² 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 foodborne illnesses.

6. Cans provide endless variety all year long

More than 1,500 food items come in cans. This provides you with almost limitless options in creating flavorful and nutritious meals for your family and friends. And, because fruits and vegetables are picked fresh and quickly sealed in a can, you can enjoy them all year long!

7. Canned fruits and vegetables boost nutrients, not sodium and sugar

An analysis shows that adults and children who ate 6+ canned food items over two weeks were more likely to meet or exceed their recommended daily allowance for 17 essential nutrients than those who ate 1-2 canned food items over the same two-week period.³ Plus, the *2015-2020 Dietary Guidelines for Americans* reported that only 2 percent of added sugar in the diet comes from fruits and vegetables, including canned options. And only 11 percent of sodium comes from vegetables.⁴

8. Cans protect your food

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 of the can and not in the seam. Dents along the seams may damage the seal and allow bacteria to enter, so the can should be discarded.

9. Cans help waste less food

According to a study, Americans throw away approximately 15 to 20 percent of the fresh fruits and vegetables they purchase every year.⁵ Because fresh produce can spoil before people have the chance to eat it, keeping a well-stocked pantry helps them reach their daily consumption goals for fruits and vegetables. Plus, canned food portion sizes are just right for both individuals and families, and most recipes are designed around these sizes.

10. Cans are environmentally friendly

Metal cans are endlessly recyclable making canned foods an environmentally friendly choice. In fact, they're the most recycled package in America today, with a recycling rate that is more than 2.5 times higher than that of most other packaging options.⁶

Cans Get You Cooking® is a multifaceted program created by the Can Manufacturers Institute. Visit www.CansGetYouCooking.com to learn more.

References

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