




CAN Fit


Canned Fruits and Vegetables Fact Sheet


Convenience **A**ffordability **N**utrition

 The ingredients you choose, not the form of the ingredients, are what really determine a recipe's nutrient content.


 All forms of fruits and vegetables make a positive contribution to the diet.


 Fresh does not always mean more nutritious.

 Fiber is unchanged regardless of fruit or vegetable form.

 Some canned products actually contribute more health promoting antioxidants than their fresh counterparts.

 Canned fruits contain key nutrients such as vitamin C.

 Canned fruits and vegetables are affordable.

 Canned food is packed in the most recycled food container.

The Canned Food Alliance

The Canned Food Alliance (CFA) is a group of steelmakers, can makers, select food processors and affiliate members that have joined together to promote the nutritional and convenience benefits of canned food.

Canned Food Alliance Mission: To increase the consumption of canned foods by enhancing the perception of their numerous benefits.

Mealtime.org, the website for the Canned Food Alliance, is home to easy, free, healthy recipes featuring canned food. On Mealtime.org, visitors will find many new and exciting canned food recipes, health and nutrition facts and creative mealtime solutions for the entire family.



The information in this brochure is adapted from the *Canned Food Alliance* (2004). Retrieved from www.mealtime.org

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NUTRITIVE VALUE OF CANNED GOODS



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The Food Groups and Canned Food

Grains

Add whole barley or bulgur to canned or homemade soups and stews. Or sprinkle ground flaxseed on your salads, soups, yogurt, canned fruit or cereal.

Fruits/Vegetables

Add a burst of color to your plate by tossing salads with canned fruits and vegetables and topping French toast or oatmeal with canned blueberries or raspberries.

Dairy

Top your favorite canned soup with shredded, low-fat cheese and make a breakfast parfait with oat flakes, yogurt, and canned fruit. Use canned fruits and juices in smoothies.

Meat and Beans

Try canned chicken or turkey in stir-fries, salads and pasta dishes. Use canned tuna, salmon and other fatty fish in casseroles, salads, and stir-fries.

Oils

Add flavor with foods that naturally contain more unsaturated fats: canned olives, nuts, some fish (such as canned salmon) and avocados.



Sugar and Sodium in Canned Goods

Canned fruits and vegetables do not significantly contribute to American's sugar and sodium intake. In fact, all canned fruits and fruit juices contribute less than two percent of added sugars in most American's diets and vegetables contribute less than one percent of sodium.

Everyone can enjoy canned foods, including people with diabetes and high blood pressure who are watching their sugar and salt intakes. Studies show that rinsing the food before you eat it can reduce the sodium content by up to 80%.

How Much Sugar and Salt (sodium) Should I be Consuming?

- No more than 2,400mg/day of sodium (about 1 teaspoon).
- About 1500mg/day of sodium if you have high blood pressure.
- No more than 40g of sugar (about 10 teaspoons).
- If you have diabetes, try to limit your intake of simple sugars found in foods such as table sugar, soft drinks, and desserts.

SOME CSFP CANNED FOOD FACTS (PER SERVING)

FOOD	SUGAR (G)	SODIUM (MG)
APPLESAUCE	12	0
MIXED FRUIT	13	5
PEACHES	10	14
EVAPORATED MILK	13	30
PEAS	4	140
CORN	2	140
SPINACH	1	140
CARROTS	2	140
GREEN BEANS	0	140
VEGETARIAN BEANS	10	140
BEEF	0	160
CHICKEN	0	230
TUNA	0	290
SALMON	0	340