

Canned Food Provides Affordable Nutrition for all Americans

Facts on Canned Fruits and Vegetables

Nutrition: Americans are overweight, yet undernourished, and canned fruits and vegetables provide a unique solution.

- ✓ Eating more fruits and vegetables, whether canned, frozen or fresh is an important part of a healthy diet, and is recommended by the 2010 Dietary Guidelines for Americans.¹ Canned fruits and vegetables are also recommended in a variety of other food and nutrition policies and initiatives including Let's Move,² the US Thrifty Food Plan³ and the National Heart, Lung and Blood Institute's DASH diet.⁴
- ✓ A Michigan State University research analysis released in March 2012 concluded that canned fruits and vegetables were in many cases just as nutritious as fresh and frozen. And in some instances, canned fruits and vegetables brought a nutritional advantage to the table.⁵
- ✓ Canning actually improves the B vitamins, vitamin E and carotenoids content of tomatoes, compared to fresh. And fiber, a nutrient of concern in the 2010 Dietary Guidelines for Americans,¹ becomes more soluble and therefore more useful in the human body, in the canning process. Fiber-rich foods help prevent chronic ailments such as heart disease, cancer and type 2 diabetes.

Affordability: With canned fruits and vegetables, Americans can enjoy a nutrient-rich diet cost-effectively.

- ✓ The Michigan State University analysis shows that the cost of canned vegetables can be as low as 50 percent of the costs of frozen alternatives and 20 percent of the cost of fresh, with virtually no sacrifices in nutritional quality.⁵
- ✓ Sixty-eight percent of Americans are overweight or obese,⁶ however, 47 million Americans received 2012 aid from a Supplemental Nutrition Assistance Program according to the Centers for Disease Control and Prevention and the United States Department of Agriculture.⁷ American families can stretch their grocery budgets by choosing canned fruits and vegetables. For example, fresh green beans are nearly 500 percent more costly than canned green beans, according to the Michigan State University analysis.⁵
- ✓ Canned fruits and vegetables don't spoil – saving American families millions of dollars in wasted food. According to a 2011 study, Americans waste approximately 15 percent to 20 percent of fresh fruits and vegetables every year.⁸

Convenience and Safety: Canned fruits and vegetables provide great tasting, safe options to help Americans meet their dietary needs.

- ✓ Canned fruits and vegetables are not subject to seasonality or refrigeration requirements, making them easily accessible to all – from corner convenience stores to supermarkets.
- ✓ With 23.5 million people living in areas known as “food deserts” with little or no accessibility to nutritious foods, canned fruits and vegetables are a shelf-stable option that delivers nutrition on par with fresh and frozen.⁹
- ✓ According to the Centers for Disease Control and Prevention, at least 128,000 Americans are hospitalized every year with foodborne illnesses.¹⁰ The Michigan State University analysis concluded that canned foods are a safer option for produce because the canning process creates barriers to microbiological contamination.⁵

References

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