

# 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 freshness, nutrition, quality and taste

Canned foods are a nutritious option because canning technology keeps food fresh and flavorful without a lot of preservatives and additives. When foods go through the canning process, nutrients are locked in so the amount of vitamins and nutrients in the food is the same on the day it was canned as it is a year from the canning date.

## 2. Canned fruits and vegetables have the same nutrients as fresh and frozen

In fact, a review of the research found that canned fruits and vegetables are nutritionally similar to fresh and frozen and in some cases, even better.<sup>1</sup> 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.<sup>1</sup> Plus, you save money because canned foods don't easily spoil!

## 4. Canned foods are convenient

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.<sup>2</sup> 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 foods boost nutrients, not sodium

A recent study from the Centers for Disease Control and Prevention released in February 2012, identified the top 10 categories of foods that contribute most to salt (sodium) intake, and canned produce was not identified.<sup>3</sup> The food categories that add the most sodium to Americans' diets were bread and rolls, cold cuts and cured meats, and pizza. A variety of canned foods, including vegetables, soups and meats, are available in sodium-free and low-sodium options. Plus by draining and rinsing canned foods with water, you can reduce the sodium by 36 percent to 41 percent, according to recent research.<sup>4</sup>

## 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 reduce food waste

A well-stocked pantry can be the secret to whipping up a tasty meal from food that may otherwise go to waste. For example, canned tuna can be added to salad greens, or canned clams and canned diced tomatoes can be added to leftover linguine. Because fresh produce can spoil before having the chance to eat it, keeping a well-stocked pantry helps people reach their daily goals for fruits and vegetables. According to a recent study, Americans waste approximately 15 percent to 20 percent of fresh fruits and vegetables every year.<sup>5</sup>

## 10. Cans are environmentally friendly

Canned foods are environmentally friendly because the metal cans are endlessly recyclable. In fact, food cans are the most recycled package in America today. Their recycling rate is more than 2.5 times higher than that of most other packaging options.

Cans Get You Cooking is a multifaceted program created by the Can Manufacturers Institute. Visit [www.CansGetYouCooking.com](http://www.CansGetYouCooking.com) to learn more.

### References

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