

Nutrition, Cost and Safety: The Case for Cans

According to Michigan State University Analysis

Why Cans Now?

A vast majority of Americans need to eat more fruits and vegetables.

Only 33 percent of Americans meet government recommendations for **fruit intake**¹.



Only 27 percent of Americans meet government recommendations for **vegetable intake**¹.



Experts agree that **eating more fruits and vegetables**, whether **canned**, frozen, fresh or juiced, is an **essential part of a healthy diet**.

Equal or Greater Nutrition

Canned fruits and vegetables are on par nutritionally with fresh and frozen varieties, and in some cases even better.²



Canned tomatoes have more **lycopene**, which is associated with **reducing cancer risk** and has **more B vitamins than fresh tomatoes**.



Canning helps make **fiber** in certain vegetables, like beans, **more soluble**, and therefore **more useful to the human body**.

More Affordable and Convenient

Choosing canned foods can help families stretch their grocery budgets and easily fit in to their busy schedules.

Canned options:

- **Save Money** – Up to half the cost of frozen and 20 percent of the cost of fresh
- **Save Time** – Less prep and year-round availability makes healthy, homemade meals a reality, more often
- **Reduce Waste** – Eliminate unconsumed fresh produce or spoiled meat



Approximately 15 percent to 20 percent of fresh fruits and vegetables are thrown away every year.³

Safe and Sustainable

Canning:

- Seals in fruits and vegetables at their peak ripeness
- Prevents the growth of microorganisms that cause foodborne illnesses, an important benefit, considering at least 128,000 Americans are hospitalized every year with foodborne illnesses⁴

Metal cans are endlessly recyclable, making canned foods an environmentally friendly choice.



2.5 times higher

Steel food cans have a recycling rate that is more than **2.5 times higher** than most other packaging options.⁵