

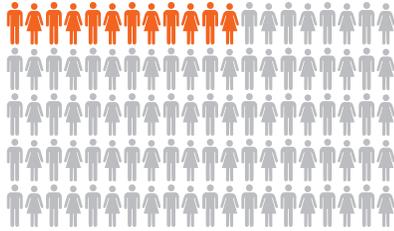
Nutrition, Cost and Safety: The Case for Cans

According to Michigan State University Analysis

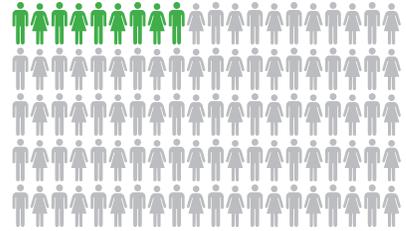
Why Cans?

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

Only 12 percent of Americans meet government recommendations for **fruit intake**.¹



Only 9 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**.²



Canning helps make **fiber** in certain vegetables, like beans, **more soluble**, and therefore **more useful to the human body**.²

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 preparation and year-round availability makes healthy, homemade meals a reality, more often
- **Reduce Waste** – Eliminate unconsumed fresh produce or spoiled meat



Approximately 15 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

Cans Get You COOKING

1. Lee-Kwan, S. H., PhD, Moore, L. V., PhD, Blanck, H. M., PhD, & Harris, D. M., PhD. (2018, February 26). Morbidity and Mortality Weekly Report (MMWR). Retrieved from <https://www.cdc.gov/mmwr/volumes/66/wr/mm6645a1.htm>

2. Miller S and Knudson B. Nutrition and Cost Comparisons of Select Canned, Frozen and Fresh Fruits and Vegetables. American Journal of Lifestyle Medicine. 2014. 8(6): 430-437.

3. Buzby, et al. The Value of Retail – and Consumer – Level Fruit and Vegetable Losses in the United States. Journal of Consumer Affairs, Fall 2011: 492-515.

4. CDC Estimates of Foodborne Illness in the United States. <http://www.cdc.gov/foodborneburden/2011-foodborne-estimates.html>. Last updated: January 8, 2014. Accessed February 16, 2016.

5. Steel Recycling Institute Stats. August 2010. Available at <http://www.recycle-steel.org/sitecore/content/Global/Document%20Types/News/2010/Container%20-%20North%20American%20Steel%20Industry%20Honors%20the%20Steel%20Food%20Can.aspx>