

Canned Proteins:

Convenient, Nutritious & Delicious

Consumers depend on canned foods to fulfill their protein needs.

Nearly **all Americans** surveyed had eaten **at least one kind** of canned protein in the past month.



9 in 10 Americans use canned beans, chicken or fish as a convenient source of protein.

Protein is an **essential nutrient** for building and maintaining the body's muscles and tissues.

Nearly **9 in 10** Americans believe that protein helps them feel fuller and satisfied longer.

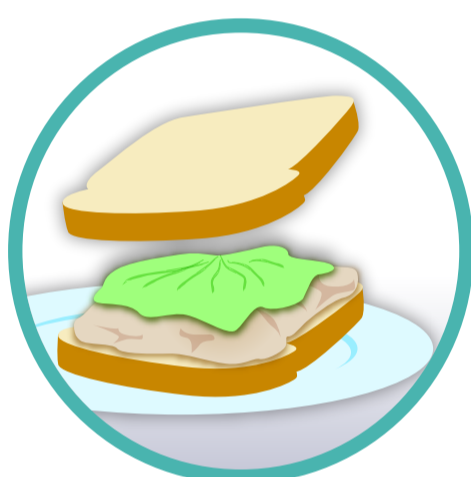


Canned proteins **make it easy** to prepare a nutritious, satisfying meal or snack.

Common uses:



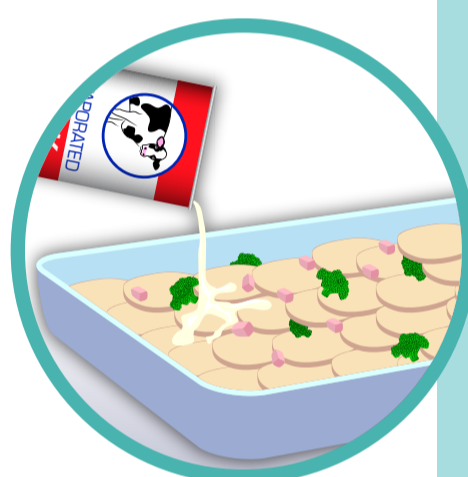
Drain, rinse and eat directly



Make into sandwiches



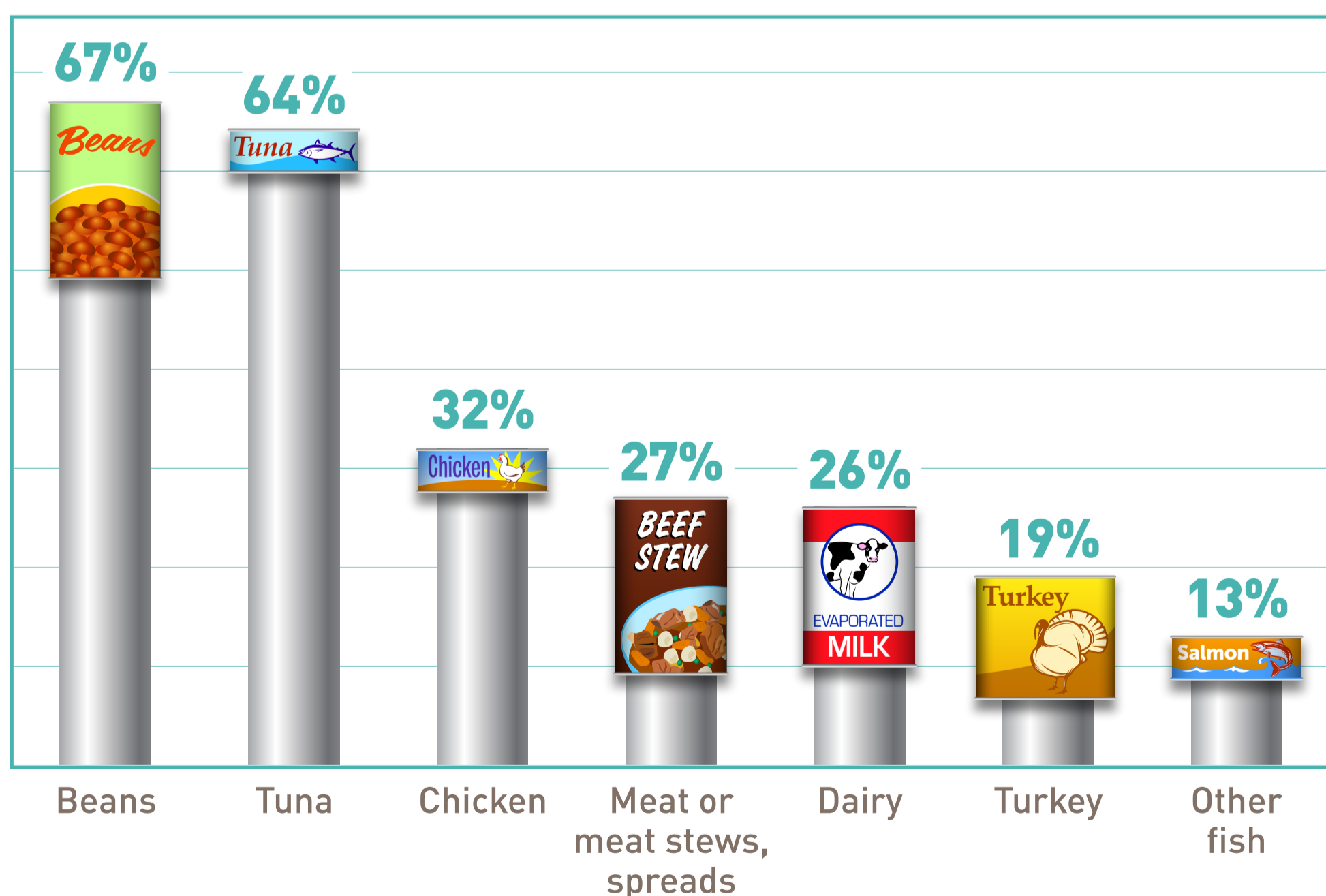
Top onto salads



Add into casseroles or soups

A **variety of canned proteins** are popular and used regularly during mealtimes.

Canned Protein Foods Used in the Past 30 Days



For nutritious and flavorful recipes using canned proteins, visit CansGetYouCooking.com.

Cans Get You COOKING



Survey of Consumers Perceptions and Consumption of Canned Protein Foods, Can Manufacturers Institute, December 2014.