

## Quality Protein - It's in the Can!

Protein is associated with muscle and tissue health, but some research suggests that it may play a role in satiety (feeling of fullness), weight management and even energy.<sup>1,2</sup> In fact, a recent survey found that nine in 10 Americans believe that protein helps them feel fuller and satisfied longer.<sup>1</sup>

When it comes to protein, more isn't necessarily better, and not all proteins are created equal. According to the latest dietary guidance, protein sources should comprise about one-quarter of your plate at mealtime and should include lean cuts of meats and poultry, most types of seafood, and plant sources such as beans, nuts and legumes.<sup>3</sup>

Canned foods are a convenient and tasty way to incorporate more nutritious proteins into one's diet. The majority of Americans (67%) have a great tasting, family-favorite recipe using canned proteins.<sup>1</sup> Here's a guide to nutritious canned protein options, along with some meal inspirations to get you and your family cooking!

Canned Protein	Use in	Recipe to Try
Chicken	Salads, sandwiches, pastas, baked dishes, stir fry	<a href="#">Thai Chicken Curry</a>
Tuna	Salads, sandwiches, pastas, baked dishes	<a href="#">Tuna Bruschetta with Hard Boiled Egg</a>
Salmon	Salads, sandwiches, pastas, patties	<a href="#">Grilled Salmon Burgers with Corn and Tomato Salad</a>
Shrimp	Salads, pastas, baked dishes	<a href="#">Shrimp Po' Boys</a>
Clams	Pastas, baked dishes, soups	<a href="#">Weeknight Seafood Paella</a>
Crabmeat	Crab cakes, fritters, salads	<a href="#">Gazpacho with Crab</a>
Beans	Salads, purees, baked dishes, soups	<a href="#">Vegetarian Three Bean Chili</a>

For more recipe ideas, visit [www.CansGetYouCooking.com](http://www.CansGetYouCooking.com)

<sup>1</sup> Survey of Consumers Perceptions and Consumption of Canned Protein Foods, Can Manufacturers Institute, December 2014.

<sup>2</sup> Leidy, et al. The role of protein in weight loss and maintenance. The American Journal of Clinical Nutrition. June 2015. 101(6): 1320S-1329S.

<sup>3</sup> Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2015-2020. 8th Edition, Washington, DC: U.S. Government Printing Office, January 2016.