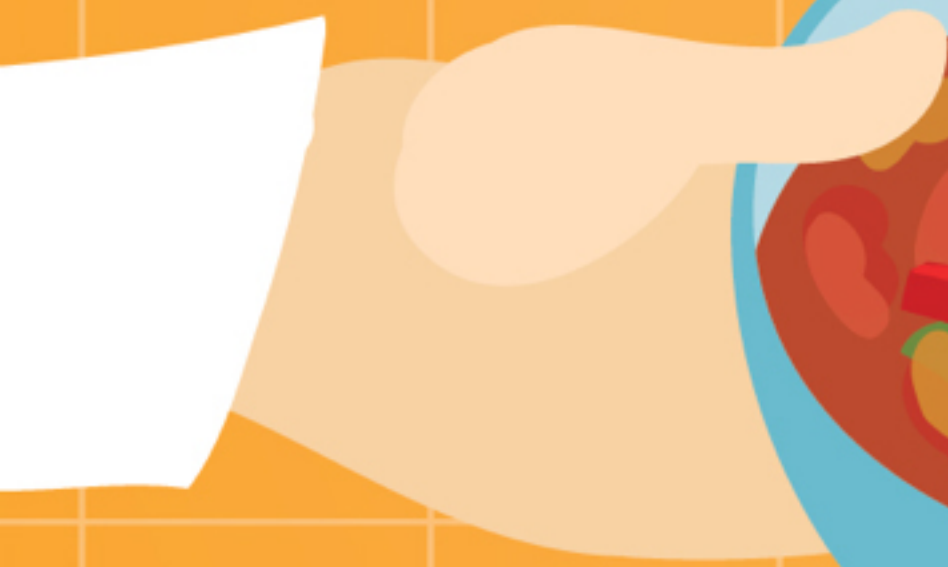


**REDUCE SODIUM BY 36 TO 41% BY DRAINING AND RINSING CANNED VEGETABLES**

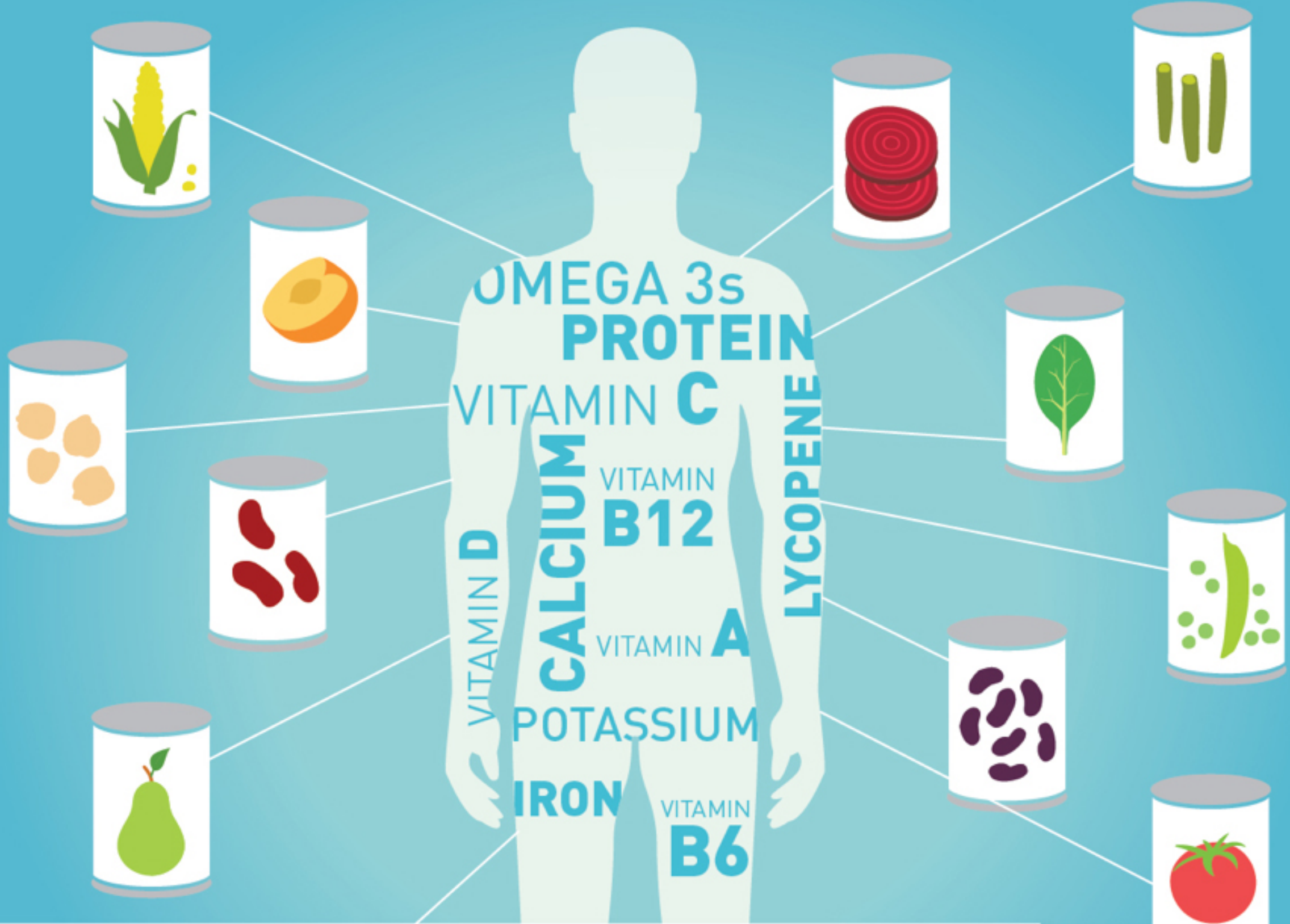


NEARLY **2/3** OF MOMS SAY CANNED  
FRUITS AND VEGETABLES **SAVE TIME** AND GET  
HEALTHY, **HOMEMADE MEALS ON THE TABLE**



Cans Get You Cooking: The Role of Canned Produce in Increasing Children and Families' Consumption of Fruits and Vegetables -Moms' Fruit & Vegetable Challenges Survey, Can Manufacturers Institute, December 2014.

**Cans Get You COOKING.**  
Visit [CansGetYouCooking.com](http://CansGetYouCooking.com)



**FREQUENT CANNED FOOD USERS HAVE A  
 HIGHER INTAKE OF FRUITS AND VEGETABLES  
 AND **17** ESSENTIAL NUTRIENTS!**

**Cans Get You  
 COOKING.**  
 Visit [CansGetYouCooking.com](http://CansGetYouCooking.com)

1. Comerford K. Frequent Canned Food Use is Positively Associated with Nutrient-Dense Food Group Consumption and Higher Nutrient Intakes in US Children and Adults. 2015. doi:10.3390/nu7075240.
2. Freedman M and Fulgoni V. Canned Vegetable and Fruit Consumption Is Associated with Changes in Nutrient Intake and Higher Diet Quality in Children and Adults: National Health and Nutrition Examination Survey. *Journal of the Academy of Nutrition and Dietetics*. 2015. 116(6):940-8.