

According to a 2018 National Health and Nutrition Examination Survey (NHANES) analysis, adherence to healthy eating patterns is better when canned foods are included.



The Challenge

9 out of 10 AMERICANS

don't eat enough fruits and vegetables



By the Numbers

FRUITS

ONLY 12%

of Americans meet the recommended amount of fruit¹



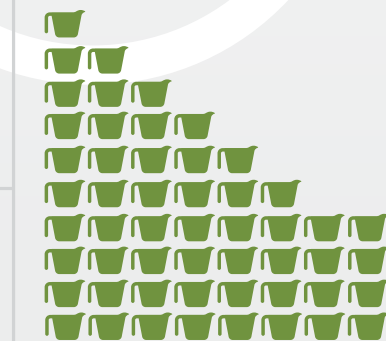
AVERAGE FAMILY OF FOUR NEEDS

42 CUPS of fruit per week²

VEGETABLES

ONLY 9%

of Americans meet the recommended amount of vegetables¹



AVERAGE FAMILY OF FOUR NEEDS

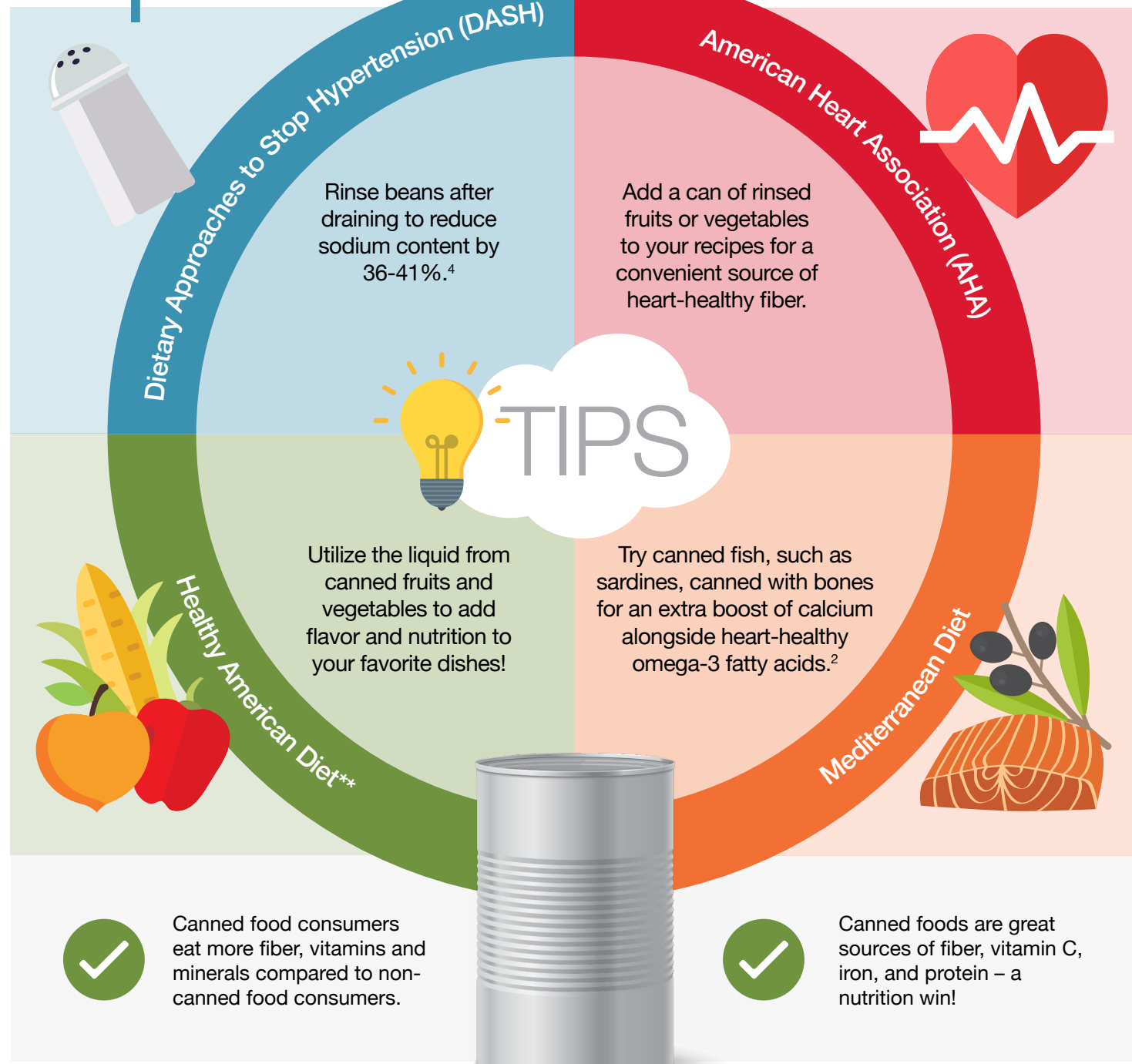
53 CUPS of vegetables per week²

Canned Foods are a Simple Solution

According to NHANES data,³ canned foods can help Americans build a healthy diet.

Adults* who consume canned foods are more likely to have diets consistent with

4 HEALTHY EATING PATTERNS



SOURCES:

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. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <https://health.gov/dietaryguidelines/2015/guidelines/>.
3. Centers for Disease Control and Prevention. National Center for Health Statistics. National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2013-2014] <https://www.cdc.gov/nchs/nhanes/search/datapage.aspx?Component=Questionnaire&CycleBeginYear=2013>.
4. Duyff RL, Mount JR, Jones JB. Sodium Reduction in Canned Beans After Draining, Rinsing. *Journal of Culinary Science & Technology*. 2011;9(2):106-112. doi:10.1080/15428052.2011.582405.

*US Adults (19+ years) food and beverage intake based on a single 24-hour diet recall

**Based on Healthy Eating Index, a measure of diet quality

