

Sugar in Canned Fruit: Clearing Up Confusion

Enjoying canned fruit is a great way to meet the MyPlate goal of making half your plate fruits and vegetables. When it comes to nutrition, all forms (canned, fresh, frozen, dried and 100% juice) count. Isn't that sweet news?

Canned Fruit & Sugar: The Facts

- All fruit contains naturally occurring sugar.
- But, not all canned fruit has added sugar. When it does, it is primarily to maintain fruit's natural sweetness and flavor.
- Canned fruit accounts for less than 2% of the added sugar found in most American diets.¹
- Draining canned fruit can reduce any added sugar content.

Answering Demand for Lower Sugar Options

- Today, there are more canned fruit choices than ever before, including fruit packed in light syrup or 100% juice. You can decide what's best for your family².

Peaches in Light Syrup

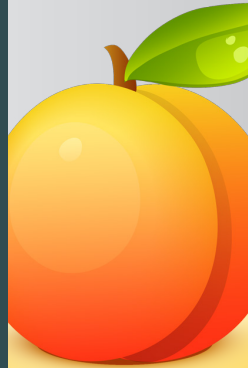
Nutrition Facts	
Serving Size	
Amount Per Serving:	
Calories: 70	
	% Daily Value*
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Trans Fat: 0g	0%
Cholesterol: 0mg	0%
Potassium: 121mg	3%
Sodium: 8mg	0%
Total Carbohydrate: 26g	5%
Dietary Fiber: 1.6g	7%
Sugars: 16.6g	
Protein: 0.0g	1%
Vitamin A: 8%	Vitamin C: 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Peaches in 100% Juice

Nutrition Facts	
Serving Size	
Amount Per Serving:	
Calories: 55	
	% Daily Value*
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Trans Fat: 0g	0%
Cholesterol: 0mg	0%
Potassium: 160mg	5%
Sodium: 5mg	0%
Total Carbohydrate: 14.5g	5%
Dietary Fiber: 1.6g	6%
Sugars: 12.8g	
Protein: 0.0g	2%
Vitamin A: 8%	Vitamin C: 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Peaches No Sugar Added

Nutrition Facts	
Serving Size	
Amount Per Serving:	
Calories: 30	
	% Daily Value*
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Trans Fat: 0g	0%
Cholesterol: 0mg	0%
Potassium: 160mg	5%
Sodium: 5mg	0%
Total Carbohydrate: 7.5g	3%
Dietary Fiber: 1.6g	6%
Sugars: 6g	
Protein: 0.0g	1%
Vitamin A: 13%	Vitamin C: 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



Tips for Reading Canned Fruit Labels

- ✓ MyPlate recommends incorporating canned fruit into your diet to boost fruit intake. If you are watching sugar consumption, read the ingredient list to see if sweeteners other than juice are present.
- ✓ Understand the differences in how canned fruit can be packed. Fruit packed in "extra light syrup" and "light syrup" contains 20% or less sugar by weight.
- ✓ Look at calories per serving to see which option is best for you. Most canned fruit has between 40 and 100 calories per 1/2 cup serving, before draining, and is fat free.
- ✓ When fruit is packed in fruit juice, all varieties used will be listed on the label.

The Canned Food Alliance, a National Strategic Partner of the U.S. Department of Agriculture's Center for Nutrition Policy and Promotion, is a consortium of steelmakers, food processors and affiliate members that have joined together to drive increased consumption of canned foods by enhancing the perception of their numerous benefits, including nutrition, convenience, affordability and accessibility. For more information about canned food research, facts, resources, the canning process, family mealtime solutions, recipes that use canned foods and more, visit Mealtime.org.

¹National Cancer Institute. Sources of added sugar in the diet of the U.S. population ages 2 years and older. NHANES 2005-2006. Risk Factor Monitoring and Population Center.

²USDA National Nutrient Database for Standard Reference Release 26