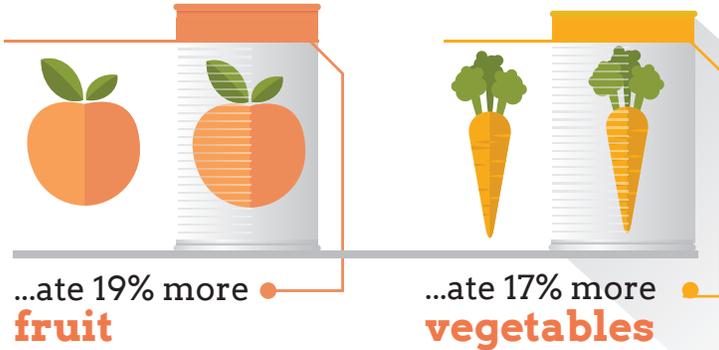


# Adults Eat Better with Canned Fruits and Vegetables



Study shows **increased intake of key nutrients** in adults who eat canned produce<sup>1</sup>

Research looking at the diets of **24,000 American adults** shows that compared to adults who did not eat canned fruits and vegetables, **those who enjoyed canned varieties:**



## Why is this important?

### Because...

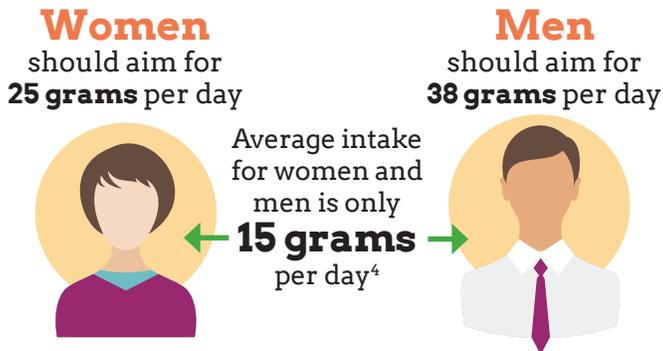
- Approximately 94% of American adults are not eating enough fruits or vegetables.<sup>2</sup>
- Eating more fruits and vegetables has been tied to reduced body weight, lower risk of heart disease and stroke, and reduced risk of certain cancers.<sup>3</sup>
- Potassium is important in lowering blood pressure and may help reduce risks of kidney stones and bone loss.<sup>4</sup>
- Dietary fiber may help reduce risk of cardiovascular disease, obesity and Type 2 diabetes.<sup>4</sup>



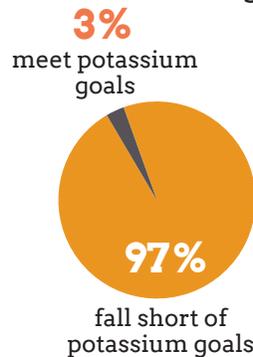
\*Intake of these nutrients is low enough to be a public health concern

## American Adults Do Not Get Enough Fiber and Potassium

90% of American adults fall short of daily dietary fiber recommendations<sup>5</sup>



Less than 3% of Americans hit their targeted intake of potassium.<sup>6</sup>



Always in-season, canned fruits and vegetables are great sources of fiber and potassium year-round



Adding canned fruits and vegetables = **more choices + more opportunities** to ↑ fruit and vegetable consumption.

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, can manufacturers, food processors and affiliate members. 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](http://Mealtime.org).

1. Freedman MR et al. 2. State of the Plate 2010, PBH 3. [choosemyplate.gov](http://choosemyplate.gov) 4. 2010 Dietary Guidelines for Americans 5. J Nutr. 2012 Jul; 142(7):1390S-401S. doi: 10.3945/jn.112.160176. Epub 2012 May 30 6. J Am Coll Nutr. 2009 Feb; 28 Suppl 1:73S-81S.