

Canned Foods Offer Nutrients Affordably & Conveniently

Comparison of Nutrients Across Forms for Fruits, Vegetables, Beans and Tuna¹

Food	Price per edible portion*	Time to prepare (minutes)	Waste (grams)	Total cost per edible portion [†] (TCEP)	Cost per gram of protein [†] \$	Cost per gram of fiber [†] \$	Cost per mg of potassium [†] \$	Cost per mg of vitamin C [†] \$	Cost per mcg of folate [†] \$	Cost per IU vitamin A [†] \$
Pinto beans										
canned	0.36	6.00	0	1.08	0.09	0.12	0.00	—	0.03	—
dried	0.47	145.50	0	18.05	1.29	1.29	0.03	—	0.07	—
Green beans										
canned	0.27	8.0	0	1.24	—	0.41	0.01	0.35	0.03	—
fresh	0.36	8.5	65	1.96	—	0.49	0.01	0.16	0.05	—
frozen	0.78	18.0	0	2.95	—	0.74	0.01	0.49	0.09	—
Corn										
canned	0.41	7.5	0	1.32	—	0.44	0.01	0.44	0.02	0.02
fresh	0.16	13.5	422	2.45	—	0.61	0.01	0.27	0.06	0.01
frozen	0.79	9.5	0	1.93	—	0.48	0.01	0.32	0.03	0.01
Mushrooms										
canned	1.48	70	0	2.32	—	0.58	0.01	3.00	0.12	—
fresh	1.09	22.0	0	3.75	—	0.94	0.01	0.63	0.13	—
jarred	2.16	70	0	3.01	—	0.75	--	0.00	--	—
dried	32.95	270	0	36.21	—	2.01	0.02	6.03	0.14	—
Peas										
canned	0.38	7.5	0	1.28	—	0.18	0.00	0.09	0.02	—
fresh	1.57	9.5	0	2.72	—	0.68	0.01	0.04	0.06	—
frozen	0.85	8.3	0	1.86	—	0.21	0.01	0.12	0.02	—
dried	9.58	75.0	0	18.65	—	1.10	—	0.28	—	—
Pumpkin										
canned	0.79	6.0	0	1.52	—	0.19	0.00	0.14	0.05	0.00
fresh	2.46	23.0	1012	16.31	—	6.52	0.03	1.48	0.82	0.00
Spinach										
canned	0.49	8.0	0	1.45	—	0.36	0.00	0.06	0.01	0.00
fresh	0.75	8.0	120	2.21	—	0.55	0.00	0.13	0.01	0.00
frozen	1.20	8.0	0	2.16	—	0.36	0.00	0.54	0.01	0.00
Tomatoes										
canned	0.43	8.0	0	1.40	—	0.71	0.00	0.07	0.05	0.00
fresh	0.51	10.5	2	1.79	—	1.19	0.00	0.04	0.06	0.00
Peaches										
canned	0.54	0.5	0	0.60	—	0.72	0.00	0.14	0.05	0.00
fresh	0.93	13.5	95	2.97	—	0.99	0.01	0.21	0.37	0.00
frozen	1.64	18.0	0	3.82	—	0.95	0.01	0.02	0.64	0.01
dried	8.06	45.0	0	13.50	—	—	0.02	1.69	4.50	0.03
Pears										
canned	0.74	0.5	0	0.80	—	0.27	0.01	0.40	0.13	—
fresh	0.62	14.0	122	2.67	—	0.38	0.01	0.30	0.18	0.05
Tuna										
canned	0.26	1.5	0	0.44	0.01	—	—	—	0.15	0.02
fresh	0.72	8.0	0	1.68	0.19	—	—	—	1.68	0.08
frozen	0.37	14.0	0	2.07	0.26	—	—	—	2.07	0.11

¹Kapica C and Weiss W. Canned fruits, vegetables, beans and fish provide nutrients at a lower cost compared to fresh, frozen or dried. J Nutr Food Sci, 2012.

*Price per edible portion = grocery store price paid for food.

[†]Total cost per edible portion (TCEP) = average price per edible portion + cost of waste + cost value of preparation time. Cost per nutrient = total cost per edible portion/amount of nutrient available in that portion. Anything less than one cent is listed as zero.



— indicates that this nutrient is found in either negligible amounts or there was no data available.

Mcg = microgram IU = International Unit

Mealttime.org

