Adults Eat Better with Canned Fruits and Vegetables

Study shows increased intake of key nutrients in adults who eat canned produce\(^1\)

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:

- ate 17% more vegetables
- ate 19% more fruit
- 7% more dietary fiber\(^*\)
- 5% more potassium\(^*\)

...did not increase added sugar
...sodium

Why is this important?
Because...

- Approximately 94% of American adults are not eating enough fruits or vegetables.\(^2\)
- 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.\(^3\)
- Potassium is important in lowering blood pressure and may help reduce risks of kidney stones and bone loss.\(^4\)
- Dietary fiber may help reduce risk of cardiovascular disease, obesity and Type 2 diabetes.\(^4\)

American Adults Do Not Get Enough Fiber and Potassium

90% of American adults fall short of daily dietary fiber recommendations\(^5\)

Women should aim for 25 grams per day

Average intake for women and men is only 15 grams per day\(^4\)

Men should aim for 38 grams per day

3% meet potassium goals

Less than 3% of Americans hit their targeted intake of potassium.\(^6\)

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.