The USDA’s MyPlate recommends that we fill half our plates with all forms of fruits and vegetables, or about 2.5 cups of vegetables and 2 cups of fruit each day. Nutritionally comparable, canned, fresh and frozen varieties provide different ways to achieve this goal.

**HOW MUCH PRODUCE CAN YOU BUY FOR $10?**

### All Fresh
- Pears: 2 cups
- Tomato: 1 cup
- Peas: 2 cups
- Green Beans: 2 cups
- Corn: 4 cups
- Peaches: 4 cups

9 one-cup portions of vegetables + 6 one-cup portions of fruits = 15 total portions for $10

### Fresh/Canned/Frozen
- Pears: 1 cup
- Tomato: 1 cup
- Peas: 4 cups
- Green Beans: 3 cups
- Corn: 4 cups
- Peaches: 6 cups

11 one-cup portions of vegetables + 7 one-cup portions of fruits = 18 total portions for $10

### All Canned
- Pears: 1 cup
- Tomato: 1 cup
- Green Beans: 5 cups
- Peas: 4 cups
- Corn: 4 cups
- Peaches: 8 cups

14 one-cup portions of vegetables + 9 one-cup portions of fruits = 23 total portions for $10

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3. Combination bag contents include frozen peas, fresh green beans and pears, and canned corn, peaches and tomato.

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**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 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](http://Mealtime.org).