The Canned Food Alliance recently surveyed registered dietitians and consumers and uncovered large gaps in their perceptions of canned food. While 9 out of 10 registered dietitians say they regularly recommend canned food, that support is not reflected in consumer attitudes.

94% of dietitians know canned foods count toward USDA dietary goals

Compared to 42% of consumers

**Fact:**

USDA’s MyPlate recommends eating “all forms” of nutritious food, including fresh, canned, frozen, dried and 100% juice, to meet recommended nutrition goals.

84% of dietitians know canned foods can be low in sodium

Compared to 52% of consumers

**Fact:**

There are more lower sodium options in the canned food aisle than ever before. And draining and rinsing can reduce sodium levels by up to 41%; draining alone results in a 36% sodium decrease.

95% of dietitians regularly use canned foods at mealtime

Compared to 81% of consumers

**Fact:**

Canned foods are often just as nutritious as their fresh and frozen counterparts, and sometimes even more nutritious. Plus, they’re affordable, convenient and always “in-season,” so serving quick and delicious meals to suit every budget is a snap.

94% of dietitians know that canned foods are packed in sustainable packaging

Compared to 71% of consumers

**Fact:**

Canned food is packed in the most recycled food and beverage container – the steel can – with a 71% recycling rate. Each year, more steel is recycled than paper, plastic, aluminum and glass...combined.

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1. Canned Food Alliance online survey of 1,356 U.S. registered dietitians/health professionals (92% RDs, 8% other health professionals including doctors and nurses) by Nutrition 411, February 3-24, 2014. Margin of error ±2.7%.
2. Canned Food Alliance telephone survey (landline and mobile numbers) of 1,007 American adults by CARAVAN® Survey, April 4-7, 2013. Margin of error ±3.1%.

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**To learn more about canned foods’ taste, nutrition, value and convenience, visit:**

Mealt ime.org

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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. For more information about canned food research, facts, resources, the canning process, family mealtime solutions, recipes that use canned foods and more, visit Mealt ime.org.