Canned Foods Fill MyPlate

Canned foods help you make healthy food choices from all five food groups including fruits, vegetables, grains, protein foods and dairy to get the nutrients you need.

From top left: apricots, blueberries, cherries, fruit cocktail, Mandarin oranges, mango, peaches, pears, pineapple, pink grapefruit.

From top left: barley soup, canned pasta, dumpling soup, hominy grits, noodle soup, rice soup.

From top left: artichoke hearts, asparagus, beets, carrots, collard greens, corn, green beans, jalapeno peppers, lima beans, mushrooms, mustard greens, okra, peas, potatoes, pumpkin, sauerkraut, spinach, sweet potatoes, tomatoes, turnip greens, water chestnuts, zucchini

From top left: apricots, blueberries, cherries, fruit cocktail, Mandarin oranges, mango, peaches, pears, pineapple, pink grapefruit.

From left: evaporated milk, coconut milk


*Beans also can be classified as vegetables.

Go to Mealtime.org for quick and easy ways to incorporate canned foods into your diet.

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.