

Canned Food Fills MyPlate

Concerns about obesity, diabetes and other diet-related diseases are growing – along with the waistlines of American adults and children. In an effort to reverse these trends, the U.S. Department of Agriculture updated the MyPlate food icon in light of the 2015 Dietary Guidelines to help teach consumers about healthy food choices.

MyPlate highlights the fruit, vegetable, grain, protein and dairy food groups, depicting proper proportions of each. Shopping for canned fruits, vegetables, meats, seafood, beans and grain-based soups can help Americans fill their plates with nutrition that is convenient, affordable and accessible year-round.

Fortifying with Fruits and Vegetables

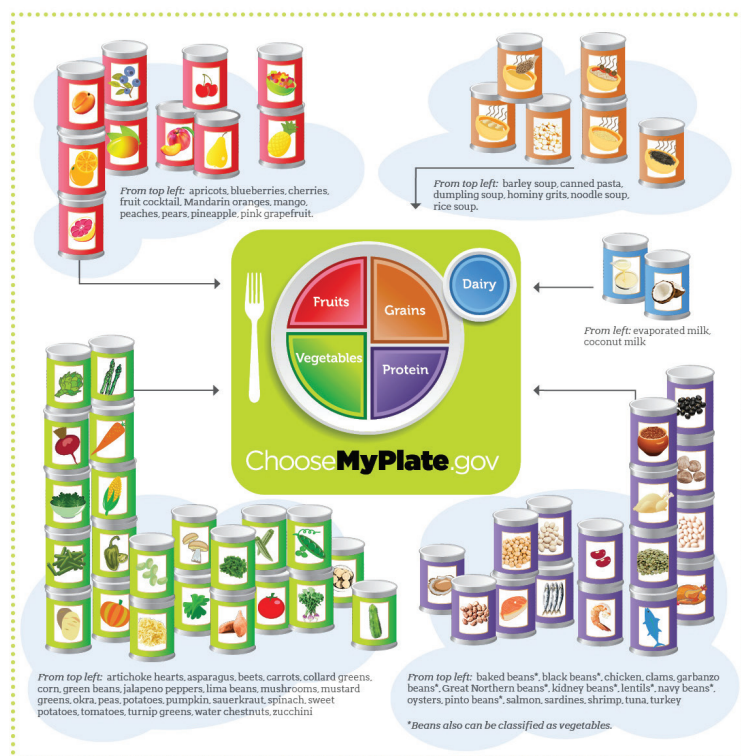
MyPlate brings to life the recommendations of the 2015 Dietary Guidelines for Americans, including an emphasis on fruits and vegetables, which fill half the plate. When it comes to nutrition “all forms count,” and canned fruits and vegetables are always in season and packed at their peak of freshness to seal in taste and nutrition.

Consider these tips to incorporate more fruits and vegetables into the diet:



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.



Canned foods provide needed nutrients to help meet USDA Dietary Guidelines.

- **Stock Up on Canned Veggies and Fruits** – Keep canned tomatoes, beans, fruits and vegetables on hand to quickly create meals or easily boost the nutrition in your favorite recipes.¹
- **Make Your Salad Colorful** – Think canned black beans, chick peas, Mandarin oranges, beets and other colorful fruits and vegetables which can be easily added to salads.
- **Sip on Soups, Chow on Chili** – Canned soup, broth, pasta and chili are easy ways to serve up meals that provide vegetables and beans, as well as grains and protein. Lower sodium or no salt added versions are readily available and taste delicious.
- **Canned for Cost Savings** – Canned food is often less expensive than its fresh and frozen counterparts. Plus, the longer shelf-life of canned food reduces waste.
- **Build the Perfect Pantry** – Add canned fruits, vegetables and beans to your cart during each shopping visit to build a versatile pantry.



Perfect Protein Portions

A quarter of MyPlate is dedicated to protein foods, such as meats, seafood and protein-rich plant foods. Canned foods offer a quick, convenient and affordable source of protein to help meet dietary needs.

- **Serving Up Seafood** — Canned tuna, salmon and other seafood offer simple ways to meet the Dietary Guidelines recommendation to eat seafood twice a week. Use canned seafood as the base for a great sandwich, to add to a salad or to dress up a quick pasta dish.
- **Plant Sources of Protein** — In addition to offering protein, canned beans and peas are naturally low in saturated fat and high in fiber. And they are great options for vegetarians and people looking to reduce their meat consumption for health reasons.
- **Quick Meals with Canned Meats** — Canned meats, such as chicken, can be a key component of a healthy sandwich, and they are terrific to add to pasta and casseroles and in quesadillas or enchiladas.

Dress Up Dairy and Grains

Canned foods can help consumers meet MyPlate grains and dairy goals, as well.

- **Drink Your Dairy** – Add extra oomph to breakfast yogurt with canned peaches or add canned fruits to smoothies for a quick serving of dairy with a side of fruit.
- **Get Great Grains** – Canned soups often contain grains and make a quick, delicious and affordable lunch or light dinner when paired with a salad or sandwich – leaving plenty of time for an after dinner walk or bike ride.



Putting Nutrition into Action

As Americans strive to meet the recommendations in the 2015 Dietary Guidelines and build healthier meals with MyPlate, check out www.Mealtime.org for recipes and information on delicious, nutrient-rich and easy ways to meet the dietary guidelines using canned foods.

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.

1. Canned Vegetable and Fruit Consumption Is Associated with Changes in Nutrient Intake and Higher Diet Quality in Children and Adults: National Health and Nutrition

