

The Truth About Sodium and Canned Foods

The Facts

- Not all canned foods have added salt.
- Many canned foods are, and always have been, low in sodium.
- Salt is not added to canned foods as a preservative; the canning process preserves the food.
- Salt is primarily used to enhance flavor, and in some cases to maintain texture.¹

Answering Demand for Lower Sodium

Today, there are more great-tasting, nutritious canned foods in no salt added, low sodium and reduced sodium options than ever before.

The Nutrition Facts Panel on canned food shows how much sodium is in a serving compared to daily recommendations.

Action Steps for Lowering Sodium Intake

For people looking to reduce sodium in the diet, it is easy to include canned foods at mealtimes. For example, consumers can:

1. Look for no salt added, low sodium or reduced sodium options; or
2. Drain the liquid and rinse canned beans and vegetables with water to reduce the sodium even further. Research shows that rinsing and draining canned beans reduces sodium content per serving by 41%. Draining alone results in a 36% sodium decrease.²

Salt vs. Sodium

The words "salt" and "sodium" tend to be used interchangeably, but there is a difference. **Sodium** is an essential nutrient that regulates blood volume and blood pressure, maintains fluid balance in the body, transmits nerve impulses and influences the contraction and relaxation of muscles. **Salt** is actually sodium chloride, which is made up of 40% sodium and 60% chloride.

This fact sheet was reviewed and approved by Registered Dietitians working with the Canned Food Alliance.

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.

No Salt Added Green Beans

Nutrition Facts

Serving Size: 1/2 Cup (121g)

Amount per Serving:

Calories: 20 Calories from fat: 0

% Daily Value

Total Fat:	0g	0%
Saturated Fat:	0g	0%
Polyunsaturated Fat:	0g	0%
Monounsaturated Fat:	0g	0%
Cholesterol:	0mg	0%
Sodium:	10mg	0%
Total Carbohydrate:	4g	1%
Dietary Fiber:	2g	8%
Sugars:	2g	%
Protein:	1g	%
Vitamin A:	6%	
Calcium:	2%	
Vitamin C:	4%	

*The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Ingredients: Green Beans, Water.

Low Sodium Diced Tomatoes

Nutrition Facts

Serving Size: 1/2 Cup (123g)

Servings per container: about 3.5

Amount per Serving:

Calories: 25 Calories from fat: 0

% Daily Value

Total Fat:	0g	0%
Saturated Fat:	0g	0%
Polyunsaturated Fat:	0g	0%
Trans Fat:	0g	0%
Cholesterol:	0mg	0%
Sodium:	100mg	4%
Total Carbohydrate:	7g	2%
Dietary Fiber:	1g	5%
Sugars:	5g	
Cholesterol:	0g	0%
Protein:	1g	
Vitamin A:	10%	
Calcium:	2%	
Vitamin C:	25%	

*The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Ingredients: Tomatoes, Tomato Juice, Seat Salt, Citric Acid, Calcium Chloride.

Reduced Sodium Black Beans

Nutrition Facts

Serving Size: 1/2 Cup (130g)

Serving Per Container: 3

Amount per Serving:

Calories: 105 Calories from fat: 5

% Daily Value

Total Fat:	0.5g	1%
Saturated Fat:	0g	0%
Polyunsaturated Fat:	0g	0%
Trans Fat:	0g	0%
Cholesterol:	0mg	0%
Sodium:	240mg	10%
Potassium:	480mg	14%
Total Carbohydrate:	23g	8%
Dietary Fiber:	6g	25%
Sugars:	1g	
Protein:	7g	
Vitamin A:	0%	
Vitamin C:	0%	
Calcium:	6%	
Iron:	15%	

*Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs.

Ingredients: Prepared Black Beans, Water, and Salt.

1. <http://www.ncbi.nlm.nih.gov/books/NBK50952/>
2. R. Duyff, J. Mount, J. Jones. J of Culinary Science and Technology, Vol 9, Issue 2; 2011.