

# Canned Food



## = Better Nutrition for America's Kids

U.S. kids ages 2 to 18 fall short of meeting the Dietary Guidelines for Americans nutrition recommendations.<sup>2,3</sup> A key concern is that kids are not eating enough fruit and vegetables.

A recent study supported by the Canned Food Alliance analyzed the eating habits of children from 2001 to 2010.<sup>1</sup> The research showed that children who regularly eat canned fruits and vegetables tend to:

- Eat more fruits and vegetables overall
- Have a better diet than those who do not
- Consume more protein, fiber, vitamin A, calcium, and potassium, and less fat



**6 in 10** children don't eat enough fruit

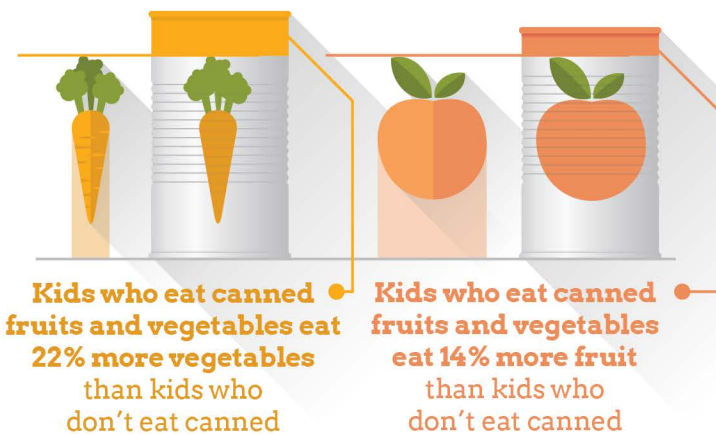


**9 in 10** children don't eat enough vegetables

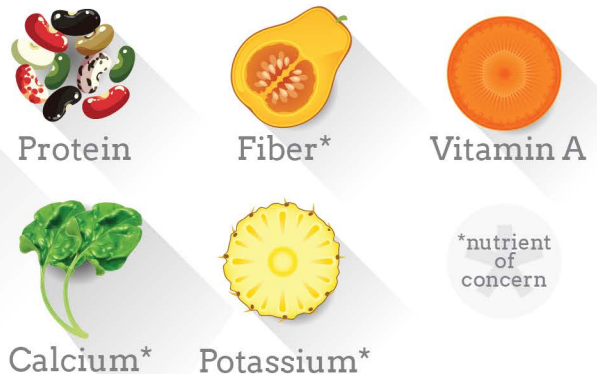
All forms (canned, fresh and frozen) of fruits and vegetables count as part of the USDA's MyPlate fruit and vegetable groups.<sup>4</sup> In fact, canned foods are often just as nutritious as their fresh and frozen counterparts, and sometimes even more nutritious.<sup>5</sup>

Sodium (and blood pressure) did not increase in kids eating canned fruits and vegetables

**Kids who eat canned fruits and vegetables eat more fruits and vegetables overall.**



They also consume **less fat** and more:



### ABOUT CFA

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](http://Mealtime.org).

1. Freedman MR, Fulgoni V. Consumption of Canned Fruits and Vegetables is Associated with Greater Nutrient Intake in Children. NHANES 2001-2010. 2014. Abstract.  
2. CDC Vital Signs Report <http://www.cdc.gov/vitalsigns/fruit-vegetables/index.html>  
3. 2010 Dietary Guidelines for Americans  
4. [choosemyplate.gov](http://choosemyplate.gov)  
5. Rickman et al. 2007