
FRUITS & VEGGIES

What do you know about canned fruits and vegetables?

Canned Vegetables:

Canned vegetables are routinely blasted for their high sodium content and occasionally lackluster flavor. However, there is more to canned veggies than meets the eye, and a savvy shopper can find options that are both tasty and heart healthy.

The key is reading the label.

Follow MyPlate's advice and "When choosing canned vegetables, look for 'low-sodium' or 'no-salt-added' on the label."

Take a look at the % Daily Value for sodium on the Nutrition Facts panel and try to choose options that have 5% or less.

Canned vegetables have a place in a healthy diet, as long as they are low in sodium. Try grabbing some canned beans, red peppers, or artichokes on your next grocery run.

Canned Fruit:

Canned fruit can be a welcome part of a healthful diet. MyPlate explains, "Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed." Canned fruits can be an affordable and shelf-stable addition to a healthy diet. Consider picking up a can or two on your next shopping trip.

However, not all canned fruits are created equal. For the most healthful approach, choose fruits that are canned in 100% fruit juice or water rather than syrup. This will help you make lower-calorie choices that don't have nearly as much added sugars. Plus, the flavor is top notch!

