

Written by:

Kirsten Torrey, UD
Dietetic Intern

222 Lake Drive

Newark, DE 19702

How to Use Canned Foods Nutritiously

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Canned vegetables, fruits, and beans can be very valuable when it comes to preparing meals. They are budget-friendly, convenient, and tasty!

Consider the tips on this sheet when using canned products in your meals.



<https://www.eatright.org>

<https://www.canr.msu.edu>

Benefits of Canned Foods

Convenience: Easier and quicker to prepare

Cost: Tend to be cheaper than fresh fruits and vegetables.

Shelf-life: Longer shelf life than fresh produce and can be stored at room temperature.

Taste: most canned products taste just as good as their fresh versions.

Nutrient Quality: Canned foods have a close nutritional profile to fresh. See additional tips below!

Tips for Using Canned Foods

- *Avoid cans with added sodium, added sugar, or heavy syrup.
- *Choose cans labeled "no salt added" or "low sodium"
- *Choose fruit canned in water or 100% juice.
- *Rinse canned products under running water to remove extra salt or sugar
- *Discard cans that appear to have dents, bulges, or leaks. These are more likely to have harmful bacteria.

What are some ways I can incorporate canned foods into my meals?

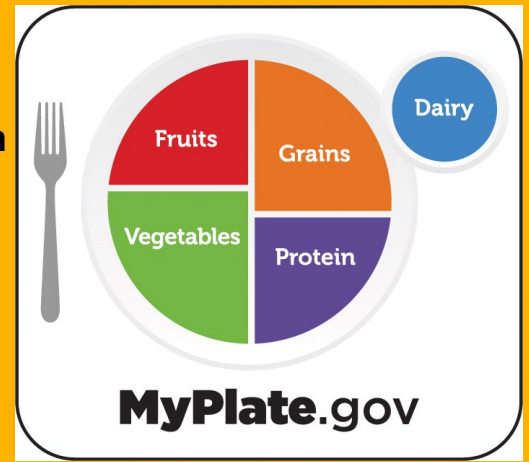
Canned vegetables—add to soups, stews, salads, casseroles, pasta and rice dishes

Canned tomatoes—add to soups, skillet meals, pasta

Canned fruit—add to fruit salads and parfaits, or other desserts

Canned beans—add to soups, chili, nachos, salads, rice dishes

Balanced meals are possible with canned products. Follow My Plate guidelines!



Veggie Noodles – serves 4

Ingredients:

- 1 pound pasta, uncooked
- 2 cups canned vegetables of your choice (drain and rinse before using)
- 1 cup spaghetti sauce
- ½ cup shredded cheese (optional)

Directions:

Boil water in a cooking pot. Add the pasta. Turn down the heat to medium-low and cook for 10 minutes. Pour pasta and water into colander to drain.

Return cooked, drained pasta back to cooking pot. Add vegetables and spaghetti sauce. Cook over medium-low heat just until the vegetables are hot.

Sprinkle with cheese just before serving (optional).

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/veggie-noodles>



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