



Canned Foods: Understanding its Nutritional Value

Consumers today are more aware of health concerns. As they become more conscious about nutrition and health, they are demanding more varied and healthier convenience foods, snacks and drinks.



All forms of food matters

Canned food can count towards our daily dietary goals and be part of our balanced diet. There is a misconception that the preservation or processing of foods diminishes the nutritional quality of food. All forms of food – canned, fresh, frozen, and dried – can provide the important nutrients we need each day for healthy functioning of the body. Having all forms of foods at hand makes them accessible, convenient and readily available when preparing meals anytime and at any place.

Canned foods provides nutrients ^{1, 2, 3}

Canned foods are nutritionally on par with fresh and frozen products. On the contrary to the belief that the canning process destroys the nutrients in foods, canning is essentially a cooking process that preserves food *without* the need for preservatives and lock in nutrients of the food at its peak of freshness and prevents further nutrient loss over time.

Some canned foods provides more antioxidants than fresh and frozen foods



Canned foods may contain greater nutritional value because the heat treatment during the canning process allows for great bioavailability of some nutrients. One good example would be lycopene in processed tomato products. In addition, one study demonstrated increased amounts of some key anthocyanins, an antioxidant, in canned blueberries as compared to fresh and frozen. ⁵The adsorption of lutein found in corn, was also found to be enhanced by heat from the canning process. ⁶

Canned foods do not contribute significantly to sugar and sodium intake

Salt and sugar content in canned foods has been significantly reduced as compared to former canning methods. Nowadays, many products also have healthier versions available which also contribute to less sugar and salt content. In addition, the salt and sugar usually found in the medium (e.g. brine, juice, and syrup) can be easily removed before consumption which further reduced the salt and sugar intake.



Canned foods innovation promotes healthier lifestyle

Canned foods packaging now comes in single-serve cans or smaller portions and allows consumers to enjoy portion-controlled meals and snacks. Readily available food products provide an easy means for people to ensure a balanced and varied diet. Also, ready to eat and convenience offers an easy and healthy option to busy working individuals to add nutrients to their daily diet.

In summary “Canned Foods can be a *safe and economical option to easily incorporate great tasting and nutritious foods into healthy and balance meals all year round.*”



References

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