

Enjoying Canned Foods: 3 Tips to Lower Sodium Intake

Canned foods boast many important nutrients and are convenient, affordable and quick to prepare. To enjoy the many benefits of canned food while watching sodium intake, consider these simple tips.

Tip 1

Drain and rinse canned vegetables and beans

Draining and rinsing canned foods reduces the sodium content. A recent study shows draining and rinsing canned beans results in a 41% reduction in sodium; draining alone results in a 36% reduction in sodium.¹

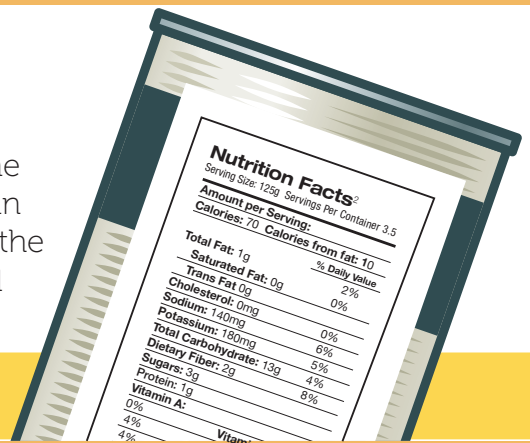


¹R. Duyff, J. Mount, J. Jones. J of Culinary Science and Technology, Vol 9, Issue 2:2011.

Tip 2

Understand the nutrition facts label

When checking sodium content on the label, remember it includes the liquid in the can. Draining and rinsing reduces the sodium further, allowing most canned foods to fit into a lower sodium diet.



Nutrition Facts ²	
Serving Size: 1/2 cup	Servings Per Container: 3.5
Amount per Serving:	
Calories: 70	
Calories from fat: 10	
Total Fat: 1g	% Daily Value
Saturated Fat: 0g	0%
Trans Fat: 0g	0%
Cholesterol: 0mg	0%
Sodium: 140mg	0%
Potassium: 180mg	6%
Total Carbohydrate: 13g	5%
Dietary Fiber: 2g	4%
Sugars: 3g	8%
Protein: 1g	0%
Vitamin A: 4%	
Vitamin C: 4%	

²Nutrition facts label depicted is for low sodium corn

Tip 3

Look for reduced sodium, low sodium and no salt added options

Sodium is not required for preservation of canned food, so lowering or eliminating it does not affect freshness. For those who are watching their sodium intake, there are many options available to help them reach their goal.



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.