

NEWS You Can Use

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NUTRITION EDUCATION WITH SENIORS



Canned foods are an easy and affordable way to include many healthy foods in your diet. Many canned foods like fruits, vegetables, beans, and meats can be safely kept in your pantry for up to two years.

Adults who eat canned foods consumed more fruits, vegetables, and legumes than those who do not (1). These nutrient-dense foods contain many nutrients, like vitamins, minerals and fiber. Eating enough of these nutrients is linked to preventing bone loss, and lower risks of heart disease, stroke, and some cancers.

A healthy diet includes foods from each MyPlate group. You can use canned foods to meet your daily goals!

1. Comerford, K. B. (2015). Frequent Canned Food Use is Positively Associated with Nutrient-Dense Food Group Consumption and Higher Nutrient Intakes in US Children and Adults. *Nutrients*, 7(7), 5586–5600. <http://doi.org/10.3390/nu7075240>

Food Group	Daily Amounts	Examples
Fruits	1 ½ — 2 cups	Canned mixed fruit and canned peaches
Vegetables	2 — 2 ½ cups	Canned green beans and sweet peas
Grains	5 — 6 ounce equivalents	Brown rice and oatmeal
Protein	5 — 5 ½ ounce equivalents	Canned tuna and canned black beans
Dairy	3 cups	Cottage cheese and milk

Mix and Match Your Foods with Canned Mixed Fruit!

Canned mixed fruit is packed in syrup or fruit juice. To lessen the sugar content, drain the syrup or juice before eating. You can also place the fruit in a colander and strain with running water.

Selection:

- Choose cans that are free from any leaks, dents, or bulges, which could mean the product is unsafe to eat.
- Check the “Best by” or “Best if used by” date on the can.



Storage:

- Store unopened cans in a cool, clean, dry place.
- After opening, keep **mixed fruit** in a tightly covered glass or plastic container for up to four days in the refrigerator or up to two months in the freezer.

Nutrition: 1 cup of **canned mixed fruit**:

- Provides 125 calories and 3 grams of fiber.
- Is naturally fat-free and a good source of vitamins A and C.
- Counts as 1 serving from the MyPlate fruit group.

Uses:

- Make **canned mixed fruit** a special treat by layering fruit and low-fat yogurt for a parfait.
- Add **canned mixed fruit** to cottage cheese for a protein-packed snack.
- Include **canned mixed fruit** in salads or smoothies.
- Combine **canned mixed fruit** with grilled lean meat, a whole grain dinner roll, steamed vegetables, and a glass of milk for a complete MyPlate meal.

Get More Produce for Your Money

Fresh, frozen, canned, and dried forms of fruits and vegetables are all nutritious and great for quick meals. During the summer months, stores are filled with seasonal produce. Use these tips to get the most of the money you spend on fruits and vegetables.

- ◇ Make a list. This helps you remember exactly what you need while leaving behind any unneeded purchases.
- ◇ Buy in season. Fresh fruits and vegetables are least expensive when they are in peak season.
- ◇ Store your produce properly. Visit **StillTasty.com** to learn how to keep fruits and vegetables fresh.



Adapted from <http://www.fruitsandveggiesmorematters.org/fruits-and-vegetables-on-a-budget>.

Creamy Mixed Fruit Salad

Serves: 4
Serving Size: 1 cup

Ingredients:

- 1 15-ounce can of **mixed fruit**, drained
- 1 banana, sliced
- 1 apple, peeled and sliced
- 1 cup lemon or vanilla low-fat yogurt



Instructions

1. Combine mixed fruit, banana, and apple in a medium bowl.
2. Spoon yogurt over fruit, stirring until coated.
3. Serve immediately, or chill in the refrigerator for a couple of hours.

Add other fruit, such as grapes or strawberries. Use Greek yogurt or add almonds for added protein. Enjoy as a snack or dessert!

Nutritional analysis (1 cup): 140 calories, 1 g fat, 0.5 g saturated, 0 g trans, 45 mg sodium, 32 g carbohydrates, 3 g fiber, 26 g sugar, 3 g protein

This recipe is adapted from Household USDA Food Facts Sheet,

http://www.fns.usda.gov/sites/default/files/HHFS_MIXEDFRUIT_100211.pdf.

Helpful Resources

Polk County Congregate Meals
(515) 286-3679

Commodity and Supplemental Foods
(515) 286-3655

Nutrition, Food Preparation and Food Safety
ISU AnswerLine
1-800-262-3804

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