



**American
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NEWS RELEASE:

FOR IMMEDIATE RELEASE

**UC Davis Research: Canned Fruits and Vegetables Stack Up
Nutritionally Against Fresh and Frozen**

Pittsburgh, PA. – The new *USDA Dietary Guidelines for Americans* and the Produce for Better Health Foundation's *Fruits and Veggies: More Matters* encourage Americans to eat more fruits and vegetables. Whether fresh, frozen, canned or dried, all forms of fruits and vegetables can help meet these goals and offer tasty and convenient menu options.

A 2007 review of recent and classical literature conducted at the University of California, Davis for the American Iron and Steel Institute compared the nutritional values of fresh, frozen and canned fruits and vegetables. The review revealed that the loss of nutrients in fresh products during storage and cooking may be more substantial than commonly perceived. Depending on the commodity, canning and freezing processes may preserve nutrient value.

The review also indicates that by the time food is consumed, fresh, frozen and canned are likely to be nutritionally similar, so consumers should consider each as an important source of nutrients. While heat processing of canned products results in some loss, nutrients are relatively stable during storage. On the other hand, frozen products lose fewer nutrients initially, but may lose more during storage.

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The variety of canned fruits and vegetables available to consumers and foodservice operators makes it easy to create tasty dishes that provide the nutrients necessary for a healthful diet. The American Iron and Steel Institute's Steel Packaging Council is a proud supporter of the Produce for Better Health (PBH) Fruits and Veggies: More Matters Program. For information on canned foods and for quick, easy recipe ideas, visit us at www.steel.org/foodservice.

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