

CANCER PREVENTION

— IN A CAN —



Fresh, frozen and canned versions of healthy foods all keep your body in tip-top shape. Of all canned foods, fruits and veggies are especially great at fighting cancer. These foods are high in antioxidants and phytochemicals that may lower your risk of cancer.

**Low Sodium
is 140mg
or less!**

**Look for “no
added sugar”
here!**

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories **230**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg **10%**

Calcium 260mg **20%**

Iron 8mg **45%**

Potassium 235mg **6%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WHAT TO SHOP FOR:

SHOP FOR FRUITS, VEGGIES, CHICKEN, FISH AND BEANS.

Lentils • Chickpeas • Black Beans • Kidney Beans • Green Beans
Corn • Butternut Squash • Pumpkin • Peaches • Pineapple
Tuna • Salmon • Chicken • Jackfruit • Tomatoes

HOW TO SHOP:

Look for cans with 5 grams of added sugar or less. Opt for no added salt or low sodium. Fruit is best when packed in juice or water rather than syrup.

TIPS FOR COOKING!

Drain and rinse canned foods for 1 minute to remove about 1/2 of the sodium.

HOW TO USE OUR TOP PICKS!

Tomatoes: Mix with grains or use as the base for a pasta or pizza sauce.

Black Beans: Add to tacos, chili or dips for a plant-based protein boost.

Chickpeas: Mix into soups and stews, homemade hummus, or a green salad for a different plant protein option.

Green Beans: Mix in chopped bell peppers and toss with a simple olive oil and vinegar or any dressing you have on hand for a super simple salad.



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PUBLIC
HEALTH
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Marion County Public Health Department
NUTRITION SERVICES

