Canned Proteins: Convenient, Nutritious & Delicious

Consumers depend on canned foods

to fulfill their protein needs.

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Beans Tuna

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Nearly all Americans surveyed had eaten at least one kind of canned protein in the past month.

9 in 10

Americans use canned beans, chicken or fish as a convenient source of protein.

Protein is an essential nutrient

for building and maintaining the body's muscles and tissues.

Nearly 9 in 10

Americans believe that protein helps them feel fuller and satisfied longer.



Canned proteins make it easy to prepare a nutritious, satisfying meal or snack.





Drain, rinse and eat directly

Make into sandwiches

Top onto salads



Add into casseroles or soups

A variety of canned proteins are popular and used regularly during mealtimes.

Canned Protein Foods Used in the Past 30 Days



Chicken Dairy Other Turkey Beans luna Meat or meat stews, fish spreads

For nutritious and flavorful recipes using canned proteins, visit CansGetYouCooking.com.





Survey of Consumers Perceptions and Consumption of Canned Protein Foods, Can Manufacturers Institute, December 2014.