## **Canned Proteins:**

Convenient, Nutritious & Delicious

### **Consumers depend on canned foods**

to fulfill their protein needs.

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.

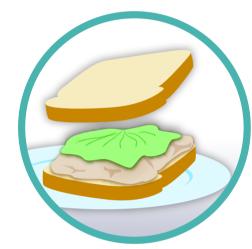


Canned proteins **make** it **easy** to prepare a nutritious, satisfying meal or snack.

#### Common uses:



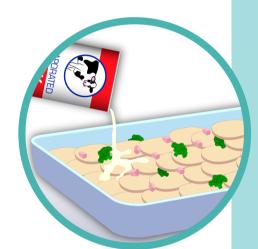
Drain, rinse and eat directly



Make into sandwiches



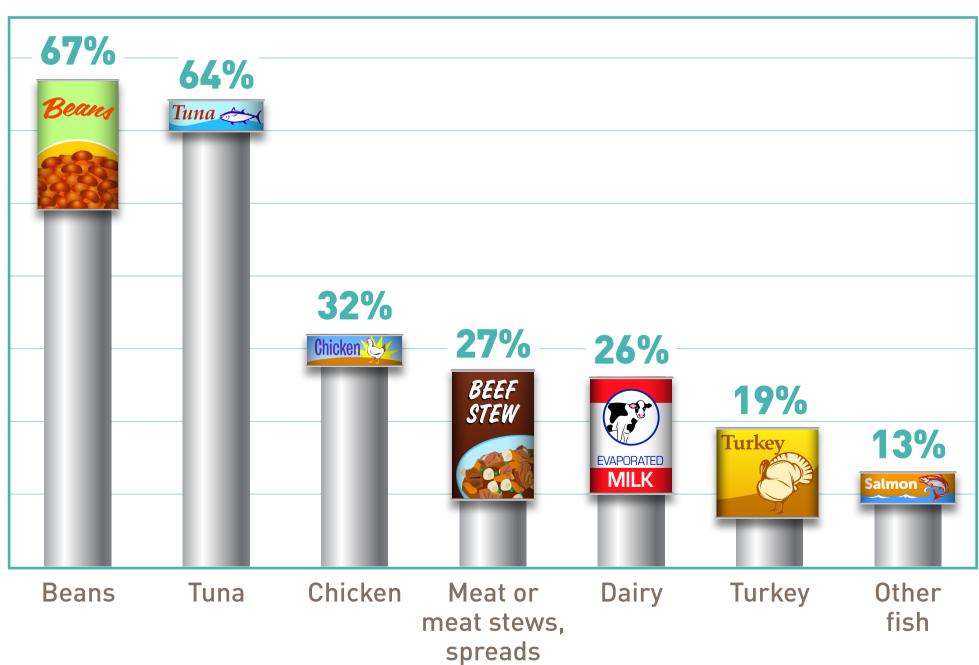
Top onto salads



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



For nutritious and flavorful recipes using canned proteins, visit

CansGetYouCooking.com.

### Cans Get You COOKING







