

## Uncanny Benefits of Canned Foods

More than 1,500 varieties of canned foods line today's supermarket shelves. Many are targeted to shoppers with specific nutrition needs and the health conscious, offering low-fat, sodium-free and no-sugar-added varieties of canned foods.

The question is often asked: Are canned foods as nutritious as fresh? Research shows the answer is "yes." For example, lycopene is more easily absorbed in the body after it has been processed, so canned tomatoes are sometimes a better nutrition choice. Plus, canned foods generally don't contain preservatives.

The canning process ensures canned fruits and vegetables will remain safe to eat as long as the can is intact, so avoid dented containers. For maximum flavor and nutritional value from canned foods, use the product immediately after opening it. Handle leftovers as you would any perishable food: Store in the refrigerator or freezer to retain taste and nutritional quality.