



Canned Vegetables

3 Prep and cooking tips

- Regular cans have salt added and can be very high in sodium, therefore it is recommended to rinse your vegetables with water in a strainer, reducing the sodium content by 40%.
- The low sodium label on cans means the canned item cannot have more than 140 milligrams of sodium per serving. Be careful as doubling serving sizes also doubles the amount of sodium.
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2 Shopping and storage

- Select “No Salt Added” or “Low Sodium” versions, but make sure to check the sodium content per serving.
- For optimal safety, clean lids prior to opening. Once opened, unused portions can be refrigerated in a glass/plastic storage container for up to 3 to 4 days.

1 Nutrition Fact:

- Fruits and vegetables used for canning are picked at peak freshness, ensuring the best flavor and nutrient quality. Canned foods can be just as nutritious as fresh and frozen foods because canning preserves many nutrients.

Go!

**Scan the QR code
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