

# Fresh or Canned: What's Right for You?

## Did you know?:

Canned fruits and vegetables can be just as healthy as fresh fruits and vegetables. Follow these simple tips when choosing canned or fresh fruits and vegetables.

### Tips for Choosing Canned Fruits and Vegetables

- Look for “low sodium”, “reduced sodium”, or “no salt added” on the label when buying canned vegetables.
- Drain and rinse canned veggies to remove salt.
- Choose fruit canned in 100% fruit juice or water instead of syrup. Fruits packaged in heavy or light syrup contain added sugars.



### Tips for Choosing Fresh Fruits and Vegetables

- Always rinse fresh produce before preparing or eating.
- Choose fresh fruits and vegetables that are in season. They will have more flavor and are usually less expensive.
- Some fruits and vegetables do not last long. Buy small amounts more often and have a plan to use extra produce. Remember, wasted food is wasted money.



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# Tropical Salsa

**Servings: 12**

**Serving size: ½ cup**

## Ingredients

- 1 (15 ounce) can peaches, in 100% juice, drained and chopped
- 1 (20 ounce) can pineapple tidbits, drained
- 1 can (15 ounce) low-sodium black beans, drained and rinsed
- 1 cup diced cucumber
- ½ cup diced red onion
- ¼ cup chopped fresh cilantro
- 2 tablespoons lime juice
- 1 jalapeño pepper, finely chopped (optional)

## Directions

1. Make sure all canned fruit is drained well.
2. In a large bowl, gently combine all ingredients.



## Nutrition Facts

12 servings per container  
**Serving size** 1/2 cup

**Amount per serving**  
**Calories** **80**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 4g	14%
Total Sugars 11g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 236mg	6%

\*The % Daily Value 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.

*This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.*

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