

# Nutrition from a Tin Can

February 21, 2023



## Concepts Taught:

- Learn the benefits of using canned foods.
- Review 6 essential types of canned goods to have in your pantry.
- Discuss multiple meal ideas with canned foods.

## History:

- In 1795, the French government needed a food preservation method for safe food for soldiers.
- Offered a challenge worth 12,000 franc.
- Nicolas Appert, a young chef, was eventually able to preserve in tin-lined steel cans and was awarded the reward in 1806.
- Tin-lined steel cans were chiseled open or stabbed through with soldier's bayonets.
- The can opener was developed 30 YEARS later.

## Benefits:

- Long shelf life, less food waste, may be less expensive than fresh or frozen version, does not take up space in freezer, and can make meal prep easier.

## Shop the aisles:

- We have all heard to shop the perimeter of the grocery store, but nutritious food can be found in the aisles too!
- Canned **and** nutritious foods:
  - Legumes (beans, lentils, green peas)
  - Vegetables (green beans, carrots, beets, pumpkin, tomatoes)
  - Fruit (peaches, pineapple, mandarin oranges)
  - Protein (chicken, tuna, salmon)
  - Fats (olives)
  - Soup (lentil, split pea, vegetable)

## Let's dive deeper:

### Legumes:

- Black beans, chickpeas, pinto beans, lentils, split peas
- Great source of plant-based protein and fiber.
- Ideas: chili, vegetable and bean soup, hummus for toast or veggie dip, add to a salad, roasted chickpeas, black bean breakfast burrito, replace half meat in dish with beans.

### Vegetables:

- Green beans, beets, carrots, tomatoes, mushroom
- Convenient to warm up to work towards daily recommended vegetable servings of 3 per day.
- Ideas: Add green beans as a side to dinner, peas or diced tomato in a pasta meal, add beets or corn or mushrooms to a salad

### Fruits:

- Peaches, pineapple, mandarin oranges
- Choose fruit canned in 100% juice
- Ideas: pineapple or peaches with cottage cheese, mandarin oranges on salad with chicken and almonds, pineapple in chicken stir fry or on a shrimp kabob.

### Protein:

- Lean options in canned chicken and heart healthy options in canned salmon or tuna.
- Ideas: tuna salad on whole grain cracker, tuna or chicken on a salad, salmon cakes or salmon burger, salmon and egg scramble

### Fats:

- Olives
- Source of heart-healthy unsaturated fat. Be mindful of sodium content.
- Ideas: on a Greek salad, a few alone as a snack, olives cooked with chicken or fish, olives on a taco, burrito, or taco salad

### Soup:

- Quick meal option and pairs well with a side salad.
- Choose broth-based soups with plenty of vegetables and protein (chicken, lentils, beans).
- Choose low-sodium, when possible.

### Sodium free seasonings

- American Heart Association recommends 1500 mg sodium daily to decrease risk of stroke.
- Garlic powder, cumin, basil, cilantro, onion powder, garlic, onions, Mrs. Dash seasonings

## Recipe Resource for canned goods:

- [www.cansgetyoucooking.com](http://www.cansgetyoucooking.com)