It’s a fact. The same essential nutrients exist in a variety of fresh, frozen and canned fruits and vegetables.

This finding has been confirmed in multiple studies. The University of Illinois conducted a study analyzing the nutritional values of 14 different fresh, canned and frozen fruits and vegetables. In almost every case, canned fruits and vegetables were found to be nutritionally comparable to fresh.1

Another study from the University of California at Davis confirms that many fat-soluble nutrients like carotenoids and vitamins A and E are higher in canned fruits and vegetables because mild heat treatment allows for greater bioavailability.2, 3 And contrary to popular belief, heat treatment during the canning process does not destroy the fiber in fruits and vegetables.4, 5

* As compared to fresh fruits and fresh cooked vegetables.

Vegetables add less than 1% of the sodium in most Americans’ diets.6

References:
Introducing The New Del Monte® Drained Label.

Del Monte was the first national food processor to voluntarily provide nutrition information on product labels and today, the company has achieved another first. Del Monte now provides the sodium content of many vegetable products after the can has been drained.

With the drained label, consumers can easily understand how much (or how little) sodium remains in each serving of delicious Del Monte® vegetables.

Serving Size:
Undrained, one serving equals ½ cup. That ½ cup serving is made up of both vegetables and liquid. When the liquid is drained away, you are left with about a ⅓ cup serving of just vegetables. The amount of vegetables is the same, but the serving size is different because the FDA requires that liquid be a part of the serving size.

Sodium:
Draining canned vegetables can remove 30%–50% of the labeled sodium—just take a look the dramatic reduction in %DV of sodium.

Dietary Fiber:
There is no loss of fiber in the heat processing of vegetables or fruit. Their fiber content remains similar to cooked fresh vegetables and fresh fruit.

Draining can reduce the sodium by an average of 40%.
How To Read A Drained Label

Nutrition Facts*
Serving Size ½ cup (121g)
Servings Per Container about 3½

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Undrained (1/2 cup)</th>
<th>Drained (about 1/3 cup)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>20</td>
<td>15</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total Fat 0g*</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 380mg†</td>
<td>16%</td>
<td>8%</td>
</tr>
<tr>
<td>Potassium 150mg</td>
<td>0%</td>
<td>2%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>3g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>4%</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars 1g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 1g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 6%  6%
Vitamin C 2%  2%
Calcium 2%  2%
Vitamin A 2%  2%

The nutrition panel above refers to one serving of Del Monte® Blue Lake Cut Green Beans.

Serving Size:
1/2 cup undrained
about 1/3 cup drained

Sodium:
Draining can reduce the sodium by an average of 40%

Dietary Fiber:
The fiber content remains similar to cooked fresh vegetables.

Less than 2% of Americans eat enough fruits and vegetables.

Things you should know about fruits and vegetables
- The nutrients present in fresh produce steadily decline every hour of every day once picked.
- Canned vegetables can be a quick and easy way to get the recommended 2 ½ cups per day—and there are a broad range of nutritious options to fill half the plate!
- Vegetables, including canned, add less than 1% of sodium to most American diets.

Del Monte® fruits and vegetables are nutritious and delicious
- Most are grown in the best regions in the US.
- Picked at the peak of ripeness.
- Have comparable and in some cases more nutrients as fresh.
- 95% of fruit, canned vegetables and tomato products are preservative-free.