

# FOOD BYTES

February  
2023

Hi there!

## Canned Food Nutrition

Canned foods can be included in a healthy meal plan. In fact, using them can help families consume more healthy foods. Canned foods tend to be more affordable than fresh produce. Someone who cannot afford a lot of fresh fruits and vegetables can still consume plenty of produce by using canned products. Fruits and vegetables used for canning are picked at their peak freshness which ensures flavor and nutrient quality. They are also convenient and can last longer than fresh produce. There are some factors to consider when selecting which canned foods to purchase:

- **Sodium Content**- some canned foods can be high in sodium. Choose canned foods labeled as low sodium or no salt added.
  - You can also drain and rinse the contents of the can to further reduce the sodium in the food.
- **Sugar Content**- Canned fruits can contain added sugars if they are canned in light or heavy syrup. Choose fruits canned in their own juices or in 100% juice to avoid added sugars.



February is  
National  
Canned  
Food Month

There are many varieties of canned soup, but canned soups can be high in sodium. Try making homemade soup. There are a lot of simple recipes, and this will allow you to control the sodium content.

## KITCHEN TIP

Experiment with herbs and spices to flavor your meals instead of adding salt. This can help control the sodium in recipes while still providing lots of flavor.

## Recipe Easy Vegetarian Chili



Makes 6 Servings

### Ingredients:

- 1 tablespoon canola oil
- ¾ cup finely chopped white onion
- ½ cup finely chopped red bell pepper
- 4 cloves garlic, chopped
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 teaspoons dried oregano
- 1 teaspoon ground coriander
- 2 (15 ounce) cans low-sodium black beans, rinsed
- 1 (14 ounce) can diced tomatoes
- ¼ cup water
- ½ cup shredded cheese

### Instructions:

- Heat oil in a large saucepan over medium-high heat. Add onion, bell pepper and garlic and cook until tender, about 8 minutes. Stir in chili powder, cumin, oregano and coriander; cook, stirring, for 30 seconds. Add beans, tomatoes (with their juice) and water and simmer for 5 minutes.

- Serve Chili sprinkled with cheese