

Clarifying the Contents: Fruit

Canned fruit – such as apples, raspberries, strawberries and peaches - count towards your 5-A-DAY, and many varieties contain vitamin C. Usually found in juice or syrup, canned fruit is not only convenient, but it also has a much longer shelf-life than fresh fruit, and can be really versatile – meaning it tastes great on its own as a snack, or as part of a healthy and nutritious dessert.

● Amanda Ursell says ●

“Consumer’s tastes are changing, and whilst canned fruit has always been a popular choice, it is now being recognised for its health benefits and convenience in line with fresh produce.

Much canned fruit give us useful amounts of vitamin C and can be enjoyed as part of a healthy and balanced lifestyle, especially when canned in fruit juice. Try adding canned soft fruit such as strawberries and raspberries to a smoothie for a delicious yet nutritious breakfast, or serve slices of canned peaches or apricot halves with fromage frais to fill a wholemeal pancake.”



Amanda Ursell is a qualified nutritionist and has a diploma in dietetics. She is also an award winning journalist, television presenter and author.

What's in the Can?

80g of canned fruit counts towards one of your 5-A-DAY - this is equivalent to two peach or pear halves, six apricot halves or eight segments of grapefruit.

Fruit was conventionally canned in syrup, now more than 50 per cent is canned in juice.

Since 2007, the amount of canned fruit in juice sold stretches almost four times around the world

Canned Strawberries contain

Antioxidants in strawberries, including vitamin C and the red pigments known as anthocyanidins appear from research to significantly boost the antioxidant levels in our blood after eating which may help to protect against brain ageing.



Store Cupboard Essentials



- You can still enjoy fruit such as strawberries and raspberries all year round, by buying canned versions even when fresh are out of season.
- Canned strawberries contain a surprising amount of vitamin C, giving us 26mg of the 40mg we need each day per 80g portion.
- Canned fruit is a great alternative to a sugar-rich snack or drink, providing longer lasting energy, fibre and useful vitamins and minerals.
- Brightly coloured fruits are packed with antioxidants. Anthocyanins in canned prunes are believed to help circulation, while carotenes in apricots and mangos may be useful for sun protection and heart health.

Notes to editor:

Data was provided by Premier Foods and Heinz, filler members of Canned Food UK, and TNS in Q1 2009 as sourced by Canned Food UK. Participants in the research include. The research excludes imported produce. Market data was taken from the TNS Canned Food Report 2008/09

Recipe Sheet

Very Berry Smoothie

Makes 6 glasses

Preparation and cooking time: 10 minutes



Ingredients



150ml pint semi-skimmed milk, cold

1 x 100ml canned evaporated milk

1 banana, peeled

1 x 410g can strawberries in fruit juice

1 x 300g can raspberries in fruit juice

1 x 284g can blackberries in fruit juice

Course:

Dessert

Dish:

Vegetarian

Serves:

6

Nutritional information per serving:

Calories: 77
Protein: 3.3g
Fat: 2.2g
Saturated fat: 1.3g
Carbohydrate: 11.8g
Fibre: 2.1g

Instructions



1. Drain the fruit juice into a bowl, reserving 300ml of the juice. If time, place the fruits and juice in the freezer for 1 hour.

2. Place the juice, evaporated and semi-skimmed milk, banana and half the berries into a blender or smoothie maker. Blend for 2-3 minutes until mixed well.

3. Add the remaining fruits and blend until mixed and smooth.

4. Pour into chilled glasses and serve.

Tip:

Use any selection of canned fruits – or for a tropical touch, how about adding a spoonful of coconut milk?