

# Clarifying the Contents: Vegetables

Canned vegetables such as carrots, tomatoes and sweetcorn are a great way to boost our antioxidant super nutrients. An 80g serving of any canned vegetables count as one portion towards our 5-A-DAY target for fruit and vegetables.

## ● Amanda Ursell says ●

“Eating canned vegetables can introduce a wealth of goodness into your diet. Because canned vegetables are heated during the canning process, colourful super nutrient pigments like the red lycopene in tomatoes and the orange beta carotene in carrots are more easily absorbed than when these vegetables are eaten raw. Canned vegetables like corn and spinach are great for lutein, the yellow antioxidant pigment that helps to prevent age related blindness when eaten regularly throughout life. What's more, they are easy and convenient too – and can be eaten straight from the can!”



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?

Canned carrots, garden peas and potatoes now contain no added sugar or salt and are now only canned in water.

Over 175 tonnes of salt has been removed from canned vegetables since 2005.

The amount of salt in canned potatoes has been reduced by almost 35 tonnes per year since 2005 – that's the weight of two Big Bens!

An 80g portion of spinach gives us 11mg of vitamin C, which is vital for strong immunity and good quality skin.

## What can canned vegetables give you?

Sweetcorn gives us the golden pigment zeaxanthin which like lutein, is good for eye health.

They are easy and convenient too – and can be eaten straight from the can.

80g of canned vegetables count towards your 5-A-DAY.

80g of spinach gives us 11mg of vitamin C, which is vital for strong immunity and good quality skin.



## Store Cupboard Essentials

- 80g of canned vegetables count towards your 5-A-DAY, which is equivalent to three heaped tablespoons of canned carrots, peas or sweetcorn
- Canned sweetcorn can be used straight out of the can, and can be added to other foods such as tuna to fill a sandwich, baked potato, salad or omelette.
- Canned sweetcorn is not only really versatile - it also helps to save energy costs having to cook or reheat it.
- Canned ratatouille is a tasty and convenient addition to a meal, providing you with a good mix of vegetables from aubergine to peppers and tomatoes.

### 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

## Mini Dip Pancakes

Serves 4

Preparation and cooking time: 10 minutes



## Ingredients



- 125g self-raising flour
- 5ml (1 level tsp) baking powder
- 1 medium-sized beaten egg
- 150ml milk
- 1 x 145g can processed peas, drained
- 1 x 165g can corn niblets, drained
- Tsp vegetable oil

- Serve with:
- A handful of cherry tomatoes
  - Greek yoghurt
  - Diced cucumber

Course:

*Starter*

Dish:

*Vegetarian*

Serves:

4

Nutritional information per serving:

Calories: 242  
Protein: 9.2g  
Fat: 8.2g  
Carbohydrate: 32.8g  
Fibre: 3g

## Instructions



1. Make a 'well' in the self-raising flour and baking powder in a bowl. Add the beaten egg. Gradually add 150ml milk and mix to a smooth batter.
2. Carefully mix in the drained processed peas and corn niblets.
3. Heat a non-stick frying pan and add a teaspoon of vegetable oil. Use a tablespoon to drop a spoonful of the mixture into the pan.
4. Cook each pancake for one and a half minutes on each side or until golden brown.
5. Serve with halved cherry tomatoes, and a tablespoon of Greek yoghurt mixed with diced cucumber.