



Benefits and Harms of Canned Goods

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ABSTRACT

This article provides some information about advantages and disadvantages of canned foods.

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Introduction

There are lots of advantage and disadvantage of canned goods. Benefits of canned foods. Canned foods can be just as nutritious as fresh and frozen foods because canning preserves many nutrients. The amount of minerals, fat-soluble vitamins, protein, fat and carbohydrate remain relatively unchanged by the process of canning. Harm of canned goods. They may contain deadly bacteria. Botulism from commercially canned food is rare. It's important to never eat from cans that are bulging, dented, cracked, or leaking. Canned foods that weren't processed properly may contain deadly bacteria, but the risk of contamination is very low.

Main Body

There are a number of benefits that come with eating canned fruits and vegetables. Canned foods are affordable, nutritious, delicious, and easy to use! This isn't to say we should eliminate fresh produce from our diet, but rather introduce a balance of all types of produce including fresh, frozen, and canned!

1. Canned foods are budget friendly

If you're looking for a lower cost produce option, canned goods should be your go-to! The fresh produce section can feel overwhelming with prices reaching over \$6 per item. However, their canned counterparts are almost always more affordable with prices up to 20% percent less than the cost of fresh. Let's compare a few: Three fresh peaches (~15 ounces) averages \$3.57 vs 15 ounce can peaches averages \$1.76. Two large tomatoes (~14.5 ounces) averages \$1.18 vs 14.5 ounce can tomatoes averages \$0.74. Two large pears (~15 ounce) averages \$2.20 vs 15 ounce can pears averages \$1.16. Fresh produce and canned produce price comparison chart.

2. Canned foods are convenient. We know that 9 out of 10 Americans are not eating enough fruits and vegetables. And in this busy world, it can be hard to find the time to prep and cook fresh fruits and vegetables. That's where canned goods really shine! They are a convenient, ready-to-go option that's available year round. Plus, they are a simple solution for meeting the recommended 5 to 9 servings of fruits and vegetables per day. If you're a busy professional

needing more hands-on help with cooking, check out my "Coaching + Cooking" program.

3. Canned fruits and veggies are just as nutritious as fresh or frozen. Did you know canned fruits and vegetables are typically canned within hours of picking? This process locks in all of those beneficial vitamins and minerals like calcium, vitamin D, and vitamin C. For this reason, canned fruits and vegetables have the same or higher amounts of nutrients as fresh or frozen produce. In the case of canned tomatoes, they actually have a higher amount of lycopene and beta-carotene than fresh! This is due to the heating process of canning which increases the levels of these anti-inflammatory nutrients. In fact, 1 cup of canned tomatoes has 6641 mcg of lycopene compared to 4630 mcg in 1 cup of fresh tomatoes. Pretty cool, right?

4. Canned fruits and vegetables have health benefits. Studies have shown those who regularly eat canned foods have overall healthier eating habits. We also know eating more fruits and vegetables helps lower the risk for certain diseases like heart disease, high blood pressure, and cancer. As a dietitian, I always recommend choosing options like no salt added canned vegetables and fruit canned in it's own juice rather than syrup. This allows you to slash the excess sodium and added sugars. Diced tomatoes and sliced peaches cans.

5. Canned foods are sustainable. Canned foods typically last in the pantry anywhere from 1 to 5 years after processing! This is a much longer window than the typical 3-7 days for fresh produce. This long shelf-life can help reduce food waste which is so important for the sustainability of our planet. Plus, it means you'll always have fruits and vegetables on hand. When I want to throw together an easy meal without going to the store, I love relying on canned fruits and vegetables. For example, it's so easy to whip up a veggie fried rice, fruit salad, or 5-ingredient pasta with canned goods. Canned foods also use less energy on its journey from field to can. Plus, they don't require additional refrigeration with transportation or storage. Finally, don't forget that canned foods are recyclable. This helps reduce greenhouse gas emissions which are created from landfills. Simply rinse out the can before adding to your

recycling bin. These cans are made of metal which can be recycled forever without loss of quality!

In today's busy world, eating canned food has become a habit for many of us. Indeed, the FDA reports that 17% of the American diet comes out of cans. However, canned food has received a lot of negative attention in recent years due to the potential dangers aluminum and tin cans can pose to our health. Here's a rundown on the potential dangers of canned food as well as suggestions how you can reduce your risk of these health problems – without eliminating canned foods from your diet! Issues with Tin Cans. dangers of canned food 17% of the American diet comes out of cans. The food expiration dates printed on tin cans are set so that it is unlikely that substantial amounts of tin will have time to transfer from the packaging to the canned food. Several agencies continuously monitor the levels of tin in canned food in order to prevent the food from causing health problems such as irritation and inflammation in gastrointestinal tract. Exposure to high levels of tin has also been reported to cause skin and eye irritation as well as certain neurological problems. Furthermore, when a tin can is opened and the inside lining of the can comes into contact with oxygen in the air, corrosion occurs rapidly. This in turn causes tin being released into the canned food.

How to Reduce Risk: To limit your exposure to tin from foods packed in tin cans, make sure you eat the food well before its expiration date. Furthermore, after you open the can, remove the food and store it in a different container.

Exposure to Bisphenol A. Bisphenol A (BPA), a chemical commonly found in aluminum and tin cans, has been the focus of much negative attention in recent years. The Environmental Working Group (EWG), a non-profit organization advocating for health-protective and subsidy-shifting policies, has found over 100 peer-reviewed studies that show BPA to be toxic and dangerous to human health even at low doses. These studies have linked BPA exposure to a wide range of health problems and diseases including cardiovascular disease, diabetes, breast cancer, prostate cancer, neurological disorders, obesity and infertility.

Conclusion

Canned foods are affordable, nutritious, delicious, and easy to use! This isn't to say we should eliminate fresh produce from our diet, but rather introduce a balance of all types of produce including fresh, frozen, and canned! Canned food has received a lot of negative attention in recent years due to the potential dangers aluminum and tin cans can pose to our health. There are advantages and disadvantages of each thing. People should use according to their needs.

References

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