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Sugar in Canned Fruit: Clearing Up Confusion



Enjoying canned fruit is a great way to meet the MyPlate goal of making half your plate fruits and vegetables. When it comes to nutrition, all forms (canned, fresh, frozen, dried, and real fruit juice) count. Isn't that sweet news?

Canned Fruit & Sugar: The Facts

- All fruit contains naturally occurring sugar.
- But, not all canned fruit has added sugar. When it does, it is primarily to maintain fruit's natural sweetness and flavor.
- Canned fruit accounts for less than 2% of the added sugar found in most American diets.¹
- Draining canned fruit can reduce any added sugar content.

Answering Demand for Lower Sugar Options

Today, there are more canned fruit choices than ever before, including fruit packed in Splenda® and real fruit juice. You can decide what's best for your family.²

Peaches in Splenda®

Nutrition Facts

Servings per Container:	About 3.5	
Serving Size	½ Cup (122g)	
Amount per Serving		
Calories	30	
Total Fat		
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	8g	3%
Dietary Fiber	1g	4%
Total Sugars	7g	
Includes Added Sugars	0g	0%
Protein	1g	
Vitamin D		
Vitamin D	0mcg	0%
Calcium	2mg	0%
Iron	0mg	0%
Potassium	152mg	4%
Vitamin A²	13mcg	2%
Vitamin C²	5mg	6%
Folate²	3mcgDFE	0%

¹ % DV is based on a 2,000 calorie per day diet.
² Optional

Peaches in Peach & Pear Juice

Nutrition Facts

Servings per 15 oz:	About 3.5	
Servings per 29 oz:	About 7	
Serving Size	½ Cup (124g)	
Amount per Serving		
Calories	60	
Total Fat		
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	14g	5%
Dietary Fiber	1g	4%
Total Sugars	11g	
Includes Added Sugars	0g	0%
Protein	1g	
Vitamin D		
Vitamin D	0mcg	0%
Calcium	5mg	0%
Iron	0mg	0%
Potassium	152mg	4%
Vitamin A²	13mcg	2%
Vitamin C²	5mg	6%
Folate²	3mcgDFE	0%

¹ The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.
² Optional

Fresh Peaches

Nutrition Facts

Serving Size	1 Peach (125g)	
Amount per Serving		
Calories	48	
Total Fat		
Saturated Fat	0.31g	0.48%
Trans Fat	0.02g	0.1%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	12.05g	4.4%
Dietary Fiber	1.88g	6.7%
Total Sugars	10.12g	
Includes Added Sugars	0g	
Protein	1.15g	2.3%
Vitamin D		
Vitamin D	0mcg	0%
Calcium	5mg	0.4%
Iron	0.31mg	1.7%
Potassium	239 mg	5.1%
Vitamin A²	410IU	8.2%
Vitamin C²	8.3mg	9.2%
Folate²	0mcgDFE	

¹ The % DV is based on a 2,000 calorie per day diet.
² Optional
This nutrition data is scaled from the typical values for a medium-sized peach (about 98 grams) to match the larger weight, providing a proportional increase in nutrients.

Tips for Reading Canned Fruit Labels

MyPlate recommends incorporating canned fruit into your diet to boost fruit intake. If you are watching sugar consumption, read the ingredient list to see if sweeteners other than juice are present. Understand the differences in how canned fruit can be packed.

The Canned Food Alliance, a National Strategic Partner of the U.S. Department of Agriculture's Center for Nutrition Policy and Promotion, is a consortium of steelmakers, food processors and affiliate members that have joined together to drive increased consumption of canned foods by enhancing the perception of their numerous benefits, including nutrition, convenience, affordability and accessibility. For more information about canned food research, facts, resources, the canning process, family mealtime solutions, recipes that use canned foods and more, visit Mealtime.org.

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¹ National Cancer Institute. Sources of added sugar in the diet of the U.S. population ages 2 years and older. NHANES 2005-2006. Risk Factor Monitoring and Population Center.

² USDA National Nutrient Database for Standard Reference Release 26

