

## Some Canned Goods are Actually Good For You

### ***Canned Tomatoes***

Whether you're a beginning cook or an experienced foodie, Jo Robinson's splendid book, *Eating on the Wild Side*, should be a must read on your personal book list. The book has well researched straight talk concerning many of the foods we regularly eat and covers the history and evolution of those foods as well. It's a wonderful read!

Jo points out that some canned foods can indeed be nutritious and well worth purchasing. One such example is canned tomatoes.

First you must understand that tomatoes are high in the antioxidant Lycopene which is lauded for its powerful antioxidant properties in fighting cancer.

Lycopene is not heat sensitive, so tomatoes retain concentrated amounts of lycopene when canned. The cooking and canning process also makes the lycopene more absorbable by the human body.

*I would add a cautionary note here. Many canned tomato products are high in sodium. Purchasing low-sodium or no-sodium versions of canned tomatoes is an even a better choice. Organic low-salt versions of canned tomatoes are the best of all if you can find them.*

### ***Canned Beans***

"Canned beans are even higher in antioxidants than home-cooked beans, because the heat of the canning process enhances the nutritional content of dried beans. This means that canned beans are some of the most nutritious foods in the supermarket."

Jo Robinson, *Eating on the Wild Side*

*I must add another cautionary note here concerning sodium content: canned beans can be quite high in sodium. Purchase reduced sodium or no sodium beans if possible.*

*You can reduce the sodium content in regular canned beans by draining and rinsing them before using them in recipes.*