



## Buy This and Say Bye-Bye to That Shopping for Canned Foods

Buy	Bye- Bye
Canned fruit that is packed in fruit juice and is free of added sweeteners such as high fructose corn syrup.	Canned fruit that contains sweeteners such as high fructose corn syrup or other additives and preservatives.
Canned vegetables free of additives and preservatives.	Canned vegetables that contain high fructose corn syrup, and other additives and preservatives.
Canned beans free of additives and preservatives.	Canned beans that contain high fructose corn syrup and other additives and preservatives.
If choosing a canned soup, choose one free of additives and preservatives.	Canned soups loaded up with additives and preservatives.
Canned fish free of additives and preservatives.	Canned fish and meats that contain additives and preservatives.