



## **Canned tomatoes (Infographic)**

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Canning is a common food processing method used to preserve fresh foods. The produce is stored in an air-tight can and then sterilised by heating. Convenience, reduction of food waste and a lower price are some of the benefits of canning. Have you ever wondered, how canned tomatoes reached your cupboard? Learn about the processing steps of canning from our infographic.

Download the printable PDF version [here](#).

# TINNING TO AVOID BINNING

A journey to canned tomatoes



## KEY FACTS

**CHEAPER THAN FRESH**  
saving on transport  
and storage

**EXTENDED SHELF-LIFE**  
can be kept unopened for  
24 months or longer

**HELPING REDUCE  
FOOD WASTE**  
due to portion control  
and longer shelf-life

**MORE  
ANTIOXIDIANTS**  
lycopene is more available  
from processed tomatoes



Some nutrients, like **vitamin C**, are lost during heating.