



Canned tomatoes (Infographic)

Last Updated : 28 November 2018

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.