Canned-Fruit Packing Comparison

Read the liquid behind the picture

Use the label's stated basis rather than inventing one after draining.

Hypothetical example: A shopper records the actual packing descriptions on comparable cans and chooses a suitable size for the planned meal.

01 Name the liquid as well as the fruit

Choose the fruit and intended household use.

Fruit and intended meal

Actual options available

Household suitability needs

02 Use the source recommendation within its scope

Read each actual packing description and ingredient list.

First product packing words

Second product packing words

Unclear manufacturer question

Canned-Fruit Packing Comparison / Review & follow-through

03 Do not create a new label by draining

Preserve the Nutrition Facts basis and recipe needs.

Nutrition Facts serving basis

Drained information actually provided

Recipe liquid requirement

04 Make a modest choice the next meal can use

Select an appropriate product with an actual use and storage plan.

Chosen product and size

Meal where it will be used

After-opening instruction to follow