

Living Well Tip of the Week

Fruits and Veggies: Canned, Frozen, or Fresh?

Most Americans don't eat the recommended daily intake of fruits and vegetables, so when in doubt, any kind is better than none.

Good

Canned fruits and vegetables lose some nutrients during preservation. Fruits can be packed in unhealthy sugary syrups, so make sure to only buy those packed in their own juice. Look out for added salt in canned vegetables.

Better

Frozen fruits and vegetables are a good substitute for fresh when the item is off-season. They are frozen at peak ripeness when most nutrient-packed.

Best

When fruits and vegetables are in-season, buy them fresh and ripe.

Our April “Living Well Tip of the Week” series is focused on adding color to your diet with fruits and veggies. Look out for next week’s tip on how to fit fruits and vegetables into your daily meal plans.



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