



all forms can fit: 10 tips for eating more fruits & veggies

Fruits and vegetables are an important part of a healthy diet because they are chock-full of essential nutrients and often high in antioxidants. Whether they are fresh, canned, frozen, dried or juiced, all forms of these superfoods have a place in our kitchens and at our tables. “Just because a fruit or veggie isn’t fresh doesn’t mean that it’s less nutritious,” says Elizabeth Pivonka, Ph.D., R.D., President & CEO, Produce for Better Health Foundation. “All forms provide a wide range of valuable nutrients important to health, with only minor nutritional variances.” To get you started on your fruit and vegetable journey, here are ten tips on why you should explore and incorporate all forms of nature’s bounty into your family’s meals:

1 Meet MyPlate recommendations.

Choose your favorite frozen prepared entrée as the ‘center of the plate’ and then balance your plate by adding fruits and vegetables – any form will do – along with whole grains and/or low-fat dairy.

2 Always in season.

Frozen fruits and veggies can be enjoyed year-round. Freezing is nature’s way of locking in goodness until you’re ready to eat. What’s better than peach cobbler in July? Peach cobbler made with frozen peaches in January – all that summertime flavor when the world around you is, well, frozen!

3 Full of nutrients.

Fruits and vegetables that are frozen, canned, dried or juiced are often harvested at peak ripeness when they have the highest concentration of nutrients. In fact, new research shows that some frozen fruits and vegetables may have higher levels of certain vitamins and antioxidants compared to their fresh counterparts¹⁻³.

4 On-the-go superstars.

Dried fruit is nature’s fast food – easy to take with you wherever you go. Dried fruit has a more concentrated sweetness with beneficial fiber and nutrients, making it super satisfying whether you’re between meetings, on a road trip, or just craving something different at home.

5 Minimally processed.

Frozen and canned fruits and veggies are prepared just like you would prepare fresh at home – cleaned, peeled, chopped and trimmed – and then blanched and flash frozen or cooked in their cans to lock in nutrients and flavor, giving you the peace of mind that you’re still serving up healthy goodness in a fraction of the time.

6 Delicious to sip.

100% fruit or vegetable juice can be a refreshing way to help meet daily fruit and veggie recommendations. For a fun treat, blend frozen berries into 100% juice for a dose of nutrients kids will love.

7 Ready when you are.

Last minute houseguests? Late night in the office? Overtime soccer game? A stocked pantry and freezer give you the capability and flexibility to prepare delicious, nutritious and balanced meals in no time!

8 Versatile ingredients.

Canned and frozen veggies make great additions to soups and stews, which can be prepared in large quantities and eaten as leftovers. They also pair well with just about any main entrée. You can save time in the kitchen by pairing a frozen entrée with a fruit and vegetable.

9 Good for your waistline.

Fruits and veggies are naturally low in calories and good sources of fiber, so pack your plate full and load up on essential vitamins, minerals, antioxidants and fiber. Fiber will keep you feeling fuller longer, helping you skip that afternoon candy bar or evening bag of chips.

10 Budget savers.

American families throw out 25% of the food and beverages they buy – an average of \$1,820 annually for a family of four⁴. Freezing is nature’s method of having meals ready when you are, and frozen meals are a great way to reduce food waste. Canned fruits and veggies are also budget-friendly because they’re non-perishable, so you waste less uneaten food and cash.

References

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