

From Fresh to Frozen: What's the difference?



Fresh

Pros:

- Looks and tastes great!
- Easy to cook with or eat raw
- No added salt, sugar or fat

Cons:

- Often expensive, especially out of season
- Spoils quickly
- Time needed for preparation

Tips:

- Buy in season and on sale
- Plan out your meals ahead of time to reduce waste
- Chop up fresh veggies at the beginning of the week to take as snacks or cook with during the week



Frozen

Pros:

- Cheaper than fresh
- Same nutritional value as fresh
- Can keep for months in the freezer
- Reduced preparation time

Cons:

- Already cooked – limited use
- May have added salt, sugar or fat

Tips:

- Check the ingredients list; buy bags of pure fruits and veggies (no added salt or sugar)
- Blend frozen fruit with yogurt, milk, or juice to make a great smoothie



Canned

Pros:

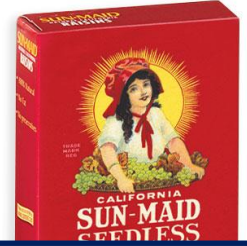
- Cheaper than fresh
- Same nutritional value as fresh
- Long shelf life; no need for special storage
- May reduce prep time

Cons:

- Taste and texture not the same as fresh
- May have added salt, sugar or fat

Tips:

- Choose low-sodium varieties and rinse before using
- Add canned beans, tomatoes, and other veggies to soups and stews



Dried

Pros:

- High concentration of vitamins, minerals, and fiber
- Long shelf life; no need for special storage

Cons:

- May contain added salt, sugar or preservatives
- Can be expensive
- High in calories and sugar

Tips:

- Choose dried fruits with no added sugar
- Eat in small quantities
- Mix with nuts and whole grain cereal for a healthy snack