

FRESH FROZEN CANNED

ALL KINDS OF FRUITS AND VEGGIES ARE HEALTHY!

We all need to eat more fruits and vegetables. Fresh, canned or frozen fruits and veggies are all good for you. You can choose what works best for you.

When you cannot find it fresh, use frozen or canned in its place.

Here are some facts about fresh, frozen and canned fruits and veggies:

Fresh:

- Fresh fruits and veggies are best if you eat them soon after you buy them.
- Fresh fruit in season often costs less money.
- Fruits and veggies that are grown close to where you live often cost less money.

Frozen:

- Frozen fruits and veggies can be stored longer.
- Frozen fruits and veggies are packed when the fruit or veggie is very fresh.
- Frozen fruits and veggies should be cooked while they are still frozen



Canned:

- Canned fruits and veggies last a long time.
- Canned fruits and veggies are put in the can when the fruit or veggie is very fresh.
- Use canned fruits and veggies when you can't buy them fresh or frozen.
- It is best to drain and rinse your canned fruits and veggies before you eat them if
 - the canned veggies are not low in salt or sodium or
 - if the fruit is not canned in its own juice



You can also add dried fruits and veggies to your diet like raisins and craisins.

Fresh, Frozen or Canned – Tastes Great and Good For You Too!