

Health Tip of the Month

Fresh, frozen, or canned?

Is fresh produce really the best?

Frozen and canned fruits and vegetables can be just as good.

Fresh produce picked at the right time and eaten soon after harvesting has the best quality.

Frozen or canned fruits and vegetables packaged right after harvest maintain much of that fresh picked goodness.

**Make half your plate
fruits and vegetables
every day!**

Buy fresh, frozen, or canned fruits and vegetables.



Buy fresh produce in season.

- ◆ Seasonal produce is less expensive than produce out of season.

Cook frozen vegetables for dinner.

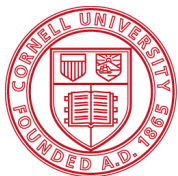
- ◆ Look for products without added fats such as cheeses, butter or sauces.

Use easy to prepare canned vegetables.

- ◆ Buy “no added salt” or “low sodium” products when available.
- ◆ Drain and rinse high sodium canned vegetables to remove extra salt.

Eat canned fruits for a quick snack.

- ◆ Choose fruits canned in 100% fruit juice.
- ◆ Drain and rinse fruit canned in syrup to remove extra added sugars.



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Worksite Wellness Initiative: by Yehudit Bram, Dietetic Intern
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