

Health Tip of the Month

Frozen Fruits and Veggies

Why frozen produce is good too:

- **Cost** - some frozen produce is cheaper than fresh. Compare the price of 1 pound of fresh berries and 1 pound of frozen berries.
- **Quick meals** - frozen fruits and vegetables will save you lots of time because they are already chopped.
- **Nutrition** – recent studies have shown that frozen fruits and vegetables are packed with fiber, antioxidants, vitamins and minerals, similar to fresh produce.
- **Less food waste** - fresh produce spoils easily. Frozen produce has a longer shelf life than fresh produce.
- **Easy to measure** - frozen produce is chopped so you can measure how many cups of fruits and veggies you eat a day.
- **Variety every season** - Frozen produce aisles have a variety of fruits and veggies year round. Choose vegetables varieties without sauces or seasonings.



Tips on freezing fruits and veggies

- **Avoid freezing these vegetables since they become stiff, mushy or change color, flavor or aroma when frozen: cabbage, lettuce, celery, cucumbers, parsley, and radishes.**
- **Use rigid containers (plastic or glass). Cover the lid tightly and do not fill too much.**
- **Flexible bags or wrappings. When using plastic bags make sure to remove as much air as possible before closing.**



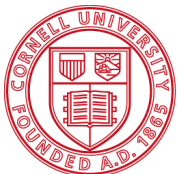
Simple recipes with frozen produce

Berry Banana Smoothie

Frozen strawberry banana blend + low fat yogurt + water → blender

Bean and Vegetable Soup

Frozen beans and mixed vegetables + low sodium chicken broth + garlic + canned tomatoes + Italian seasoning + bay leaves → large soup pot



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