

# Fresh, Dried, Canned, Frozen

April 2024

Which is the best when it comes to fruit and vegetables?

Nutrition tips from DuPage Senior Citizens Council and Kane Senior Council



## FRESH IS BEST

When it comes to fruit and vegetables but fresh products are not always in season and can be costly. Good news, frozen, canned, dried and juiced produce is still a good source of vitamins and minerals!

Let's look at the different forms of fruits and vegetables and discover ways to incorporate them into our diets year round.



## Fruit

The Fruit Group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned, or dried/dehydrated. Fruits can be eaten whole, cut up, pureed (mashed), or cooked. At least half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.

### Health Benefits:

- Eating foods such as fruits that are lower in calories per cup, instead of other higher calorie foods, may help lower overall calorie intake.
- Eating a diet rich in fruit as part of an overall healthy diet may reduce the risk for heart disease, including heart attack and stroke.
- Eating a diet rich in fruit as part of an overall healthy diet may protect against certain types of cancers.
- Adding fruit can help increase the amount of fiber and potassium we eat. These are important nutrients that many people do not get enough of



## Vegetables

Any vegetable or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed. Vegetables are organized into 5 subgroups based on their nutrients: dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables.

### Health Benefits:

- As part of an overall healthy diet, eating foods lower in calories per cup, such as vegetables, instead of higher-calorie food may help you lower your calorie intake.
- Eating a diet rich in vegetables as part of an overall healthy diet may reduce the risk for heart disease, including heart attack and stroke.
- Eating a diet rich in vegetables as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables helps increase fiber and potassium, which many Americans do not get enough of.

WHAT IS 1 CUP OF FRUIT OR VEGETABLES?



1 cup of fruit  
½ cup of dried fruit  
1 cup (8oz) of 100% fruit juice



1 cup of raw or cooked vegetables or vegetable juice  
2 cups of raw leafy salad greens

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## 1 Frozen

When Fresh fruit and vegetables are not available Frozen is the next best thing!

Frozen fruit and vegetables are convenient additions to smoothies and shakes as well as risottos, soups and stews.

Commercially frozen fruit and vegetables are flash-frozen within a few hours of picking. They are prepared and ready for consumption – being peeled or chopped and blanched to prevent browning.

## 2 Canned Fruit & Vegetables

Canned fruit can be a good alternative when fresh fruit is out of season or too expensive.

When choosing canned fruit or vegetables:

- Drain and Rinse! Draining and rinsing can remove most if not all of the sugar or salt from the canning liquid.
- Look for low sodium canned vegetables
- Look for low sugar or no-added sugar canned fruit or fruit that is canned in it's own juices and not a sugar syrup.



## 3 Juice

Fruit Juice is still a good source of many vitamins and minerals despite having less nutritional value than fruit

Vegetable juice is a low calorie beverage and can be part of a balanced diet but you have to watch the sodium content.

## 4 Dried Fruit & Vegetables

Dried fruit is a good shelf stable option! Keep in mind that portion sizes are much smaller for dried fruit because the water content has been removed.

Always choose dried fruit that does not have added sugar. Extra sugar adds unnecessary calories.

**Making sure that you have enough fruit and vegetables in your diet is key to good health! Fresh, Frozen, Dried, Canned or Juiced are all good options for year round consumption.**