

Canned Fruits and Vegetables Contain The Same Amount of Nutrients

Contributed by Skinny Myths Team

SKINNY MYTH: "Canned fruits and vegetables or frozen fruits and vegetables contain the SAME amount of vitamins as fresh fruits and vegetables"

Truth.

There is no difference between the nutrient or vitamin level of Frozen or canned fruits and vegetables versus fresh...you get the same good stuff.

Frozen or canned fruits and vegetables are often packaged within hours of being picked so they don't lose many nutrients.

But sometimes, fresh fruit and vegetables lose many of their vitamins and nutrients when they've traveled long distances or are stored for several days before they reach the supermarket shelves.

Bottom line: Look for canned or frozen in unsalted water, unsweetened water, and fruits packed in juice or water rather than SYRUP. Try for five servings a day total.

Source Reference:

- <http://ucce.ucdavis.edu/files/filelibrary/1214/36517.pdf> J Sci Food Agric 87:930–944 (2007)