



Incorporating Canned and Frozen Fruits and Vegetables into a Healthy Diet

Canned and Frozen Produce is a Healthy Choice!

- All of them count towards your daily goals for:
 - fruit and vegetable intake
 - fiber
 - vitamins and minerals
 - anti-oxidants
 - and much more!
- They require little preparation
- Most canned and frozen produce is harvested at their peak freshness and is processed within hours of being harvested. This means the nutrients and flavours are better preserved for you!
- Buying canned and frozen fruits and vegetables can increase the variety of foods in your diet
- Additionally, it can save you money (depending on the time of year), as fresh produce can get expensive and/or it spoils before you can eat it



Things to Look for on the Nutrition Facts Label:

- Canned vegetables often have sodium added to increase their longevity. Look for “low-sodium”, “reduced sodium” or “no salt added” on the food label
- Drain and rinse canned vegetables to reduce the sodium further
- Frozen vegetables with sauces and seasonings can have excess salt and calories
- Look for fruit that is “canned in water”, or it’s “own juice”. Try to stay away from “canned in light syrup”, if so, you can drain and rinse the fruit off to help reduce the added sugar content
- Ensure all frozen fruit is 100% fruit, no added sugars



Simple Ways to Use Frozen and Canned Fruit:

- Thaw a desired serving of frozen fruit (berry blend, tropical blend or whatever you would like) in the fridge overnight. Add to:
 - Oatmeal
 - Yogurt/yogurt parfait (plain, Greek style or Skyr style)
 - Waffles, crepes or pancakes
 - Enjoy on its own
 - With a scoop of frozen yogurt
- Frozen fruit and greens (such as spinach), go great in smoothies!
- Frozen fruit is great for baking too! Did someone say blueberry muffins?!
- Canned fruit is traditionally used more in baking; however, it can be a good option for:
 - yogurt parfaits (mandarin oranges, pears, pineapples)
 - Salsa (pineapples)
 - Enjoy on its own

Simple Ways to Use Frozen and Canned Vegetables:

- Canned and Frozen vegetables can be great on their own or incorporated into a mixed dish.
 - Steam (not recommended for canned veggies, steam from frozen)
 - Saute/stir fry
 - Add to casseroles
 - Cottage or sheppard's pie (peas and carrots are a classic!)
 - Thaw ahead of time and add to a salad (edamame is fantastic!)
 - Chili or stew
 - Lasagna/pasta dishes