

Most canned and frozen fruits and vegetables have the same nutrients as fresh. However, some canned produce have more nutrients than fresh:

- Canned pumpkin has 20 times more vitamin A than fresh pumpkin, and almost three times as much fiber.



- Canned tomatoes used in spaghetti and pizza sauces contain more lycopene than fresh.

Lycopene is an important nutrient that may reduce cancer risk.



Stock up your pantry and freezer with lots of healthy canned and frozen fruits and vegetables. Don't forget that dried fruits, such as raisins and berries, and 100% fruit and vegetable juices also count toward your *5 A Day*.



[www.takeheart.alaska.gov](http://www.takeheart.alaska.gov)



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EAT SMART ALASKA

# Canned & Frozen *Fruits and Vegetables*

*Are Good As Fresh!*



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Everyone knows that eating fruits and vegetables is good for you. Fruits and vegetables are a good source of nutrients that have been shown to help reduce your risk of cancer, heart disease, and high blood pressure.

The “Dietary Guidelines for Americans” recommends at least 5 cups of fruits and vegetables each day for better health.



Many people think that only fresh fruits and vegetables count as “healthy.” Studies show that canned and frozen fruits and vegetables are just as good for you as fresh.



Canned and frozen fruits and vegetables are usually picked at their peak of ripeness and nutritional quality, and then are packaged within a few hours to lock in their nutrients.

“Fresh” produce often takes several days to reach the grocery store, and then they may sit in the produce section and in your refrigerator for several more days. All this time can destroy nutrients.

### Tips for buying healthy canned & frozen produce

Some canned and frozen fruits and vegetables may have some unwanted extras.

- Read the label for added sugars, sodium (salt), and fat.
- Buy plain vegetables without cream sauces.
- Buy vegetables with “no added salt.”
- If only the regular versions are available, you can reduce the extra sodium or sugar by draining the liquid out of the can and rinsing with cold water.



## Check the Ingredient List

Choose fruits canned in fruit juice or water:

Nutrition Facts	
Serving Size ½ Cup (124 g)	
Servings Per Container approx. 3½	
Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 1g	4%
Sugars 14g	
<b>Protein</b> 0g	
Vitamin A 6%	Vitamin C 8%
Calcium 0%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: PEACHES, PEAR JUICE.

Instead of fruits canned in syrup, sugar, or corn syrup:

Nutrition Facts	
Serving Size ½ Cup (124 g)	
Servings Per Container approx. 3½	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 24g	8%
Dietary Fiber 1g	4%
Sugars 23g	
<b>Protein</b> 0g	
Vitamin A 6%	Vitamin C 8%
Calcium 0%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: PEACHES, WATER, CORN SYRUP, SUGAR