

All Forms Fit

VEGETABLES COME IN MANY FORMS

From fresh to frozen to canned to dried to 100% juice, all forms of vegetables can fit into a healthy diet.

MAXIMIZE NUTRITION



Choose colorful vegetables. They contain vitamins, minerals, phytochemicals, and fiber.



Look for "reduced/low sodium" or "no salt added" labels.



Grab frozen or canned vegetables. Packed quickly after harvest, flavor and nutritional value can be preserved.

MINIMIZE WASTE



Using frozen and canned vegetables can mean less preparation and waste.



Some frozen vegetables come in easy open/reclose packaging, allowing for longer storage and portion control.



When you compare the price of foods by weight or average portion size, canned vegetables help save money compared to other healthy food options.

SAVE TIME



Canned foods are cooked during processing so they are ready to heat or use in a recipe.



Canned and frozen vegetables are easy to use in smoothies, sauces, soups, dressings and dips.



Frozen and canned vegetables require little preparation.