



# Nutrition Education



## Healthy Frozen Food options to add to your grocery list:

### Frozen Fruits & Veggies

- berries
- pineapple
- carrots
- spinach
- peas
- and more...

### Frozen Lean Proteins

- chicken
- fish
- turkey burgers

### Frozen Whole Grains

- brown rice
- whole grain waffles

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Eatright.org

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## Frozen Foods

Frozen foods can be a convenient and healthy option when shopping for food or when used for preparing meals. While you should continue to eat fresh foods when possible, you can still maintain a healthy diet by incorporating frozen foods.

### Benefits of Frozen Foods:

- Frozen fruits and vegetables are picked at their peak ripeness and then frozen immediately which helps to preserve nutrients and offers a long shelf life.
- Frozen foods are both convenient and affordable.

<p><b>HELP REDUCE FOOD WASTE</b> due to portion control &amp; longer shelf life</p>	<p><b>EXTEND SHELF-LIFE</b> retains the quality of foods over long storage periods</p>	<p><b>JUST AS NUTRITIOUS</b> choose no added sugar or low salt options</p>	<p><b>CHEAP &amp; CONVENIENT</b> save time &amp; money</p>
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### Choosing Frozen Foods:

- Some frozen foods can be high in sodium, saturated fat, and added sugar. When choosing frozen foods, it is important to read food labels and the ingredient list to help you make a healthy and informed choice. Try choosing frozen foods low in sodium, low in saturated fats, high in fiber, low in added sugar, and high in vitamins and minerals.
- Don't forget to read the thawing and cooking directions on frozen packages carefully to safely thaw and cook food items.

