

**Q** *“Is there a nutritional difference between fresh and frozen veggies?”*

**A** *“That’s a great question, thanks for asking.”*



With all of the beautiful fresh produce coming into season, it has me thinking – are the canned or frozen fruits and vegetables I consume during the winter months as nutritious as fresh?

**TRACEY JEWISS**  
NURSE, MOTHER OF THREE BOYS,  
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Fruits and vegetables can be enjoyed as either fresh, frozen or canned with all of their nutritional value. Fruits and vegetables are often preserved at their peak in quality. Dietary fibre content does not change in processing, storage and cooking, so it is similar for fresh, frozen and canned fruits and vegetables.



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**LET’S CONTINUE THE CONVERSATION**

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