Fresh Fruits and Veggies are the only way, Canned are Bad

BOTTOMLINE: Canner are perfectly fine but stay away from added salts and sugar varieties. I am a huge fan of fresh vegetables and fruits. All colors and the more the betters in most cases is what I say. If canned is your only option then that is ok in most cases, but in some cases canned can be better. I say they are ok because many of them have salt or sugar added to them. In that case rise them before eating them if salt is added. If sugar is added I would say avoid. **STAY AWAY FROM CANNED FRUITS AND VEGGIES IN SYRUP.** Packed in its own juice is fine. In other words read labels for no added sugar. According to many reliable sources canned foods can be just as nutritious as fresh and frozen foods because canning preserves many nutrients. The amount of minerals, fat-soluble vitamins, protein, fat and carbohydrate remain relatively unchanged by the process of canning. Water-soluble vitamins like vitamins C and B are somewhat vulnerable, but are not lost, but with some other cases amounts of other healthy compounds may increase. For example, tomatoes and corn release more antioxidants when heated, making canned varieties of these foods an even better source of antioxidants. There might be a taste issue with canned, but nutrition wise there is not a large issue. The good thing is that they are already cooked, so less prep time. Very important is the fact that canned foods are a convenient, affordable, and practical way to add more nutrient-dense foods to your diet and they can be stored for a long time. One major issue with canned foods in the past was BPA. Canned foods use to contain BPA, a chemical that has been associated with health problems like heart disease and type 2 diabetes. Fortunately because of consumer demand the voluntary transition away from BPA is nearly complete, and American consumers face no significant exposure to bisphenols from eating canned foods. I personally consume a lot of canned tomato and bean products.

Frozen vegetables and fruits are a great way to have them all year round. They also tend to be less expensive. I actually eat a lot more frozen than fresh. Generally speaking they contain just as many nutrients as fresh. In fact, they can often contain more nutrients because they're frozen in their prime. A lot of nutrition is lost in the transport of fresh veggies, Freezing vegetables significantly delays that aging process, and frozen veggies are actually fresher and more nutritious than those you'd find fresh.The only big problem is they are not that great eating raw, especially veggies.

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