



NUTRI-NEWS



April 2010

“Balloons for a Balanced Lunch”
NUTRI-SERVE FOOD MANAGEMENT, INC

Volume 21 Number 8

Fruits/Vegetables—Fresh, Canned or Frozen—Which is Healthiest?

April begins the ushering in to market of springtime fruits and vegetables. But what about the produce that you may have stored in your pantry, fridge or freezer? Should you toss these for the option of a healthier fresh version?

Nothing surely beats the taste of freshly picked fruits and veggies, however, canned or frozen fruits and vegetables can be just as nutritious, convenient and at times less expensive than fresh, depending on the season.

Canned vegetables can be high in salt. Try to select those with **no salt added or low sodium**. You can also rinse off regular canned veggies to cut sodium in half. Canned fruit, though low in sodium, however, may be high in sugar and calories so **read the label** to select those canned **in their own juices**, packed **in fruit juices** or packed **in water**.

For frozen fruits and vegetables choose the plain versions without added sauces unless those that are labeled low in calories. To avoid excess sugar in frozen fruits look for **unsweetened** on the food label.

When eating produce just remember that all are nutritious parts of a healthy diet so enjoy!!

Test Your Nutri IQ

Think you know how to eye-ball the equal to a cup of fresh fruit? Try this quiz by matching the fruit with its 1 cup portion size:

- | | |
|--------------------|------------------|
| 1. Strawberries | a) 1 cup (8 oz) |
| 2. Seedless grapes | b) 1 small wedge |
| 3. Fruit juice | c) 1 small |
| 4. Watermelon | d) 32 |
| 5. Apple | e) 8 large |

***Answers below.



Fitness Forum

Fitness is important for people of all ages and anyone interested in physical fitness realizes that protein is an important nutrient which aids in the building, repair and maintenance of body tissues, including muscle. We at Nutri-News have come across a great resource for information on protein entitled “The Protein Counter” 2nd edition by Annette B Natow, PhD, RD, and Jo-Ann Heslin, MA, RD, 2003.

Answers to quiz: 1 –e, 2—d, 3-a, 4-b, 5-c

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