CHOOSING FROZEN FOODS

Don’t get left in the cold!

Frozen foods can be healthy, quick choices if they are chosen carefully. Frozen foods are easy to store and often very affordable. Frozen fruits and vegetables are usually just as nutritious as fresh because they are picked at peak freshness. Learn about making the most of healthy, frozen foods.

FROZEN FOOD TIPS

Skip the frozen meals.
Instead buy frozen foods that are made from just a few ingredients such as fruits, vegetables, fish, lean meats, and whole grains.

Look for frozen foods without added sugar, salt, or fat.
Check the nutrition facts label!

Aim for foods that are minimally processed.
Foods that are less processed tend to be healthier. Great examples are vegetables that have just been cut up and steamed or raw frozen fruits.

Keep healthy foods in your freezer at all times.
This makes it easy to put together healthy meals with ingredients you have.

Prevent freezer burn.
Wrap foods well in a double layer of plastic wrap or aluminum foil, and seal them in freezer bags. Prepare and eat foods quickly after opening.

Store frozen fruits and vegetables at 0°F.
This helps prevent nutrient loss.

Keep a list of freezer foods on hand, and label foods well.
It can be easy to lose track of what is there!

Cooking with frozen foods is easy!
Mix frozen fruit into oatmeal, baked goods, yogurt or smoothies.
Add some extra frozen vegetables to soups, stews, casseroles, or pasta.
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VEGETABLES

What to look for:
☐ No added salt
☐ No breading
☐ Not fried/pre-fried

- Asparagus
- Broccoli
- Brussels sprouts
- Cauliflower
- Carrots
- Corn
- Edamame
- Green beans
- Mixed vegetables
- Peas
- Spinach
- Snap peas

FRUITS

What to look for:
☐ No added sugar
☐ Not in a dessert

- Blackberries
- Blueberries
- Cherries
- Mango
- Mixed berries
- Mixed fruit
- Peaches
- Pineapple
- Raspberries
- Strawberries

MEAT/MEAT ALTERNATES

What to look for:
☐ No added salt
☐ No breading
☐ Not fried/pre-fried

- Chicken
- Fish fillets
- Lean beef
- Pork
- Turkey
- Shrimp

GRAINS/ BREADS

What to look for:
☐ Whole grains
☐ No added sugar

- Brown rice
- Whole grain rolls/biscuits
- Whole grain pancakes/waffles
- Whole grain pizza crust

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