

Mayo Clinic Minute

The 411 on frozen fruits and vegetables

VIDEO	AUDIO
	<i>Sound of shopping cart wheels</i>
	If you're goal is to eat more fruits and vegetables, dietitian Angie Murad suggests a trip down the frozen foods aisle.
Angie Murad	"They're really a great option ..."
Angie Murad Graphic: Frozen food is picked at its peak	"... because they're picked at the peak of ripeness and flash-frozen too."
Graphic: High in nutrients Available year-round Less waste	Murad says that means these frozen foods offer the same nutritional benefits as fresh produce. They're also available year-round. And there's less risk of waste.
Angie Murad	"Because you can use what you need and store the rest."
Graphic: Keep it simple	Murad's mantra for frozen foods is: Keep it simple, shopper.
Title: Angie Murad Dietitian Mayo Clinic Healthy Living Program	"As with all over the grocery store, you really want to think: whole foods, simple ingredients."
Graphic: Watch out for added sugars	Be on the lookout for added sugars in the fruit section.
Angie Murad	"You want to make sure it's just the frozen fruit."
	Pick plain vegetables ...
	<i>Sound of a bag of vegetables being picked up</i>
Graphic: Sauces can boost sodium levels	... to avoid the extra sodium that can be hiding in sauces.
Angie Murad	"There are so many choices."
Graphic:	And when you do choose a mix or a frozen entree,

Mixes and meals Vegetables Whole grains Lean proteins Check calories and sodium	look for ones that include vegetables, whole grains and lean proteins, yet are still within healthy ranges for calories and sodium.
	For the Mayo Clinic News Network, I'm Jeff Olsen.