

## Mayo Clinic Minute

### Benefits of flash-frozen produce

| <b>Video</b>  | <b>Audio</b>   |
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| <b>Vivien Williams</b>  | Fruits and vegetables are part of a heart-healthy diet. But did you know that produce that's flash-frozen may be healthier than the fruits and veggies sitting in your fridge?   |
| <b>Stephen Kopecky, M.D.<br/>Cardiovascular Disease<br/>Mayo Clinic</b> | "Studies have shown that if you flash-freeze certain fruits or certain vegetables ... it retains its nutrients better."  |
| <b>Vivien Williams</b>  | Cardiologist Dr. Stephen Kopecky says flash-freezing stops produce from degrading.   |
| <b>Stephen Kopecky, M.D.</b>  | "We know once it's picked a few weeks ago, it starts to decay and loses a lot of its nutrients. So studies have shown if you can flash-freeze something, it will retain its nutrients better because it retains its cellular integrity so the cells don't get deformed." |
| <b>Vivien Williams</b>  | Flash-freezing means produce is picked, blanched and quickly frozen to avoid ice crystals from forming. Not all produce in the freezer section is flash-frozen.  |
| <b>Stephen Kopecky, M.D.</b>  | "There's no USDA (Department of Agriculture) requirement now to say this is flash-frozen or actually or even to define it."  |
| <b>Vivien Williams</b>  | So for now, Dr. Kopecky says to check labels and look up brands online to find produce that's flash-frozen.  |
|   | For the Mayo Clinic News Network, I'm Vivien Williams.   |