

Is fresh better than frozen?

Although our common sense may think that fresh fruits and vegetables are better than frozen, the reality is that this is not always true.

First, let's consider two scenarios...

1. Imagine you go to a local farmers market and buy some bright-colored, organic berries. Well, these berries were probably harvested recently, are in-season, and grown locally, so the nutrients are at their peak. On the other hand, if you go to the grocery store and buy frozen berries, these may have lost some nutrients in the freezing process.

Conclusion: Fresh is ALWAYS better in this case!

2. Now, imagine you missed the farmers market, so you go to the grocery store. You are deciding whether you want fresh or frozen spinach. You know that spinach is not in-season now, so this was probably brought from a distant place, which means that it might have been in transport for a long time, getting exposed to sunlight, which may degrade some of the nutrients. Also, as time passes, the nutrients are lost more and more. On the other hand, frozen foods are usually frozen immediately after harvesting. Although some nutrients may be lost in the freezing process, most are preserved.

Conclusion: Frozen is better!

What about canned vegetables?

The canning process can destroy some of the nutrients due to the high heating treatment they undergo, but they retain good amounts of nutrients. The concern is the high sodium content in canned foods... but there is a solution! If you rinse your vegetables before cooking with them, you get rid of some of the sodium 😊 However, this should be our last choice of vegetables. Organic produce should always be our number one!



Choose organic
when possible!