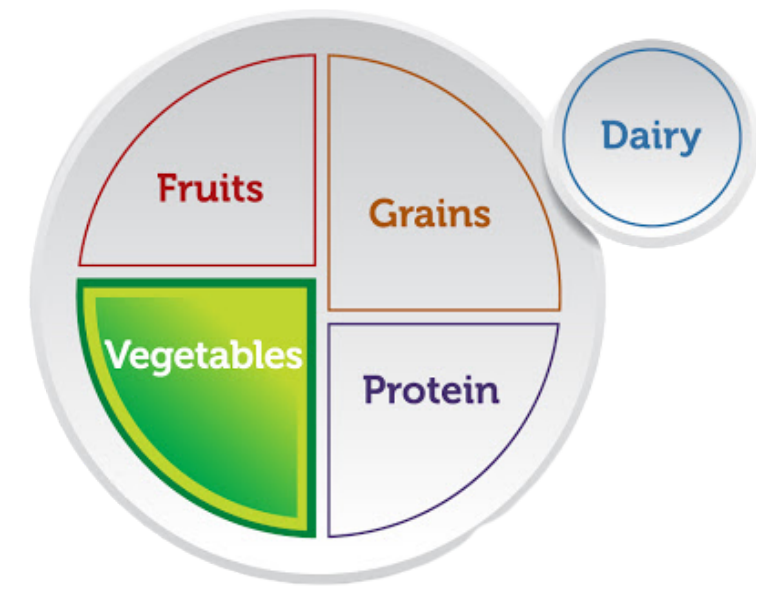


VEGETABLES

Advantages of Frozen Vegetables



Save money

Frozen items are often cheaper than the fresh.



Bonus: Reduces the amount of food you throw away

Save time

They're pre-washed and chopped, which saves you valuable time in the kitchen!



Year-round access

Your favorite seasonal vegetables are readily available all year round.



Add flavor

Choose frozen vegetables with no added fat or sodium.



Season with lots of herbs and spices.

Cooking tips



No need to defrost!
Throw them in cooked dishes like:

- Casseroles
- Stir-fry
- Pastas
- Soups

Great options are: broccoli, peas, green beans, cauliflower, bell peppers, carrots and squash.

Variety of Nutrients

- Potassium
 - Help maintain blood pressure
- Dietary fiber
 - Help reduce blood cholesterol
- Folate
 - Form healthy red blood cells
- Vitamin A, C, and E
 - Protect against infection
 - Healthy eyes and skin
 - Antioxidants

