

Healthy eating of frozen fruits and vegetables

Detail Introduction :

With the acceleration of people's life rhythm and the improvement of living standards, more and more frozen foods are accepted by people and save people a lot of time in the kitchen. But at the same time, there are some problems that trouble consumers. Whether the quick-frozen food produced by industrialization is healthy and nutritious has become the focus of attention.



In the family, due to the frequent opening of the refrigerator door, the temperature will often change, and the quality of the stored food will be affected to a certain extent. Therefore, from the perspective of ensuring quality, generally frozen food can be stored in the refrigerator at home for about 2-3 months. As we all know, in the process of forming ice cubes, the volume of water will gradually increase, and its cells will increase in volume due to freezing, thereby breaking the cell wall, then, due to the loss of cell juice during thawing, fruits and vegetables will suffer a huge loss in nutrition and flavor, reducing the edible value.

When the packaging bag is damaged or some fruits and vegetables are left after opening, it should be packed in food-grade packaging bags, the air in the bag should be completely exhausted and sealed, and then put into the freezer of the refrigerator to avoid product loss of water or oil oxidation.