

Nutritional comparison of frozen vegetables and fruits and fresh vegetables and fruits

Detail Introduction :

Most of us may think that there is basically no major difference in nutrition between fresh and frozen vegetables, except that frozen food lasts longer.

British researchers found that frozen fruit and fresh vegetables were higher in nutrients and had higher levels of antioxidants. Two-thirds of the food vitamin C, polyphenols, anthocyanins, lutein, and beta carotene were generally elevated in the frozen food, especially on the third day. These are nutrients that are transformed into the food's own antioxidants during the freezing process.



A research team at the University of California tested and compared eight fruits and fresh vegetables and their frozen counterparts including cabbage, broccoli, spinach, carrots, peas, strawberries, and blueberries. The results showed that frozen peas, blueberries, and bean sprouts had higher levels of vitamin C than fresh ones, and fresh broccoli had more vitamin B than fresh broccoli. That's because water-soluble vitamins disappear during transportation. The nutritional value of frozen fruits and vegetables has not changed much. When the temperature is minus 18 degrees Celsius, the vitamins and nutrients in the food are immediately frozen into the food.

Frozen products were not associated with a reduction in dietary fiber. But whether it's frozen or fresh vegetables, it's also difficult to maintain complete vitamins. Therefore, it is necessary to process the food.

soon as possible to avoid the loss of nutrients.