

Research Shows That Frozen Fruits and Vegetables Have Nutritional Value Equal to Fresh Fruits and Vegetables

Detail Introduction :

A new study suggests that frozen and fresh fruits and vegetables, including strawberries, blueberries, cauliflower, broccoli, peas, green beans, and spinach, may have the same nutritional value.

The results of the two-year study were finally published in Elsevier's Journal of Food Composition and Analysis. The study was conducted by researchers at the University of Georgia (UGA) in collaboration with the Frozen Food Foundation.



In the study, the researchers examined the concentrations of L-ascorbic acid (vitamin C), trans-beta-carotene (vitamin A), and folic acid in fresh and frozen fruits and vegetables as described above. They use standard analytical methods, including a quality control plan for each nutrient.

The results showed that there was no difference in vitamin content between the nutrient content of fresh and frozen fruits and vegetables. Scientists also found that some of these frozen fruits and vegetables contained greater amounts of vitamin C, vitamin A, and folic acid than fresh produce.