Research shows that frozen fruits and vegetables i American supermarkets have higher nutritional va than fresh fruits and vegetables.

Detail Introduction :

Fatima Hachem, senior nutrition officer at the UN Food and Agriculture Organization, said that food i nutritious when harvested, and fresh crops start to lose nutrients from the moment they are harvest Vegetables and fruits need to use their nutrients to maintain cell life after picking them. Some nutrien particularly easy to lose, such as vitamin C, which helps the body absorb iron and lowers cholesterol, lost when exposed to air and light.

After the fresh fruits and vegetables are picked, they must be transported to the packaging factory fo and packaging and then distributed to supermarkets. The transportation process will take a lot of tim make the fruits and vegetables that arrive at the supermarket look fresher, farmers even pick them ir Theirtheir nutritional value is naturally not as good as naturally mature fruits and vegetables.

Many people think that frozen fruits and vegetables are unhealthy, but frozen fruits and vegetables a unhealthy, and they often retain more nutrients.

Frozen fruits and vegetables are usually freshly-ripened produce picked and frozen by field processo sometimes with minimal blanching of the skins to maximize their nutritional value. Compared with th transportation and processing of fresh fruits and vegetables, the nutrient loss caused by the freezing is much smaller. Interestingly, some frozen fruits and vegetables are given vitamin C during the packa process to prevent browning; You may get more vitamins from these frozen fruits and vegetables tha fresh ones.

According to some studies from the University of California–Davis: 1. Fresh and frozen fruits and vege have similar amounts of carbohydrates, protein, fiber, and minerals. 2. Fresh fruits and vegetables lo their vitamins and phytonutrients during storage (within a week). 3. Less fat-soluble vitamins A and E during freezer packaging than water-soluble vitamins such as vitamin C. The vitamin A/E content of fr fruits and vegetables is higher than that of fresh fruits. 4. Frozen fruits and vegetables may contain m vitamins and phytonutrients than fresh fruits and vegetables that have been stored for several days. Consistent with many similar studies showing that frozen fruit is not necessarily nutritionally deficien long storage and is even more nutritious than some fresh fruits and vegetables in the supermarket.