



Which is Best for Your Health?

Which is best for your health: frozen, fresh or canned fruits and vegetables? The answer is any and all! Canned vegetables are just as nutritious as fresh. Canned produce is processed immediately after harvest when the nutrient content is at its peak.

Everyone needs 5 to 9 daily servings of fruits and vegetables for the nutrients they contain and for general health. Compare prices and find different kinds of fruits that fit your budget.

Encourage kids to try a variety of fruits and vegetables, but remember that children need to try a new food 10 times before they decide if they like it! So don't give up after the first try.

Eat fruits and veggies everyday—fresh, frozen, or canned!

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



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