

Frozen Fruits and Vegetables

During the winter months when fruits and vegetables aren't at their peak, most turn to the freezer aisle to stock up. Remember these tips when shopping for frozen fruits and vegetables this winter:

- To control fat and calories, choose frozen plain vegetables or those made with low-fat sauces.
- Frozen fruits come in both sweetened and unsweetened varieties, so make sure to check the label.
- To help frozen fruit keep its shape, serve while it's still partially frozen.
- Frozen fruit bars make a nutritious snack. Read the label to learn if they're made with real fruit juice or flavored water.
- Buy fruit and vegetables in loose-pack plastic bags, use what you need and freeze the rest.

Don't let the fact that fruit and vegetables are out of season be an excuse for not getting your fill.