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[Is any different for nutrition between fresh and frozen food and vegetable?](#)

Whether it is fresh, frozen, canned, dried, or 100% juice, all forms of fruits and vegetables matter, and are part of a nutritious and healthy diet. In fact, most frozen and canned foods are processed immediately after harvest, preserving their nutritional value and flavor. Frozen fruits and vegetables are also convenient and require little preparation, as the washing and slicing is already done for you. Also, the nutrient content of fresh and frozen (as well as canned) fruits and vegetables is comparable. For further information, visit our *About the Buzz* article [on this topic](#).

Posted on Monday, May 25th, 2009 at 8:12 pm Want to follow the discussion on this topic? Subscribe to the [RSS 2.0](#) feed.

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