



Frozen Vegetables: tips and tricks

1

Skip Frills

Choose vegetables packaged without excess sodium, butter, or cheese sauce.

2

Get Family Size

Larger bags are often cheaper per ounce, and you'll be more likely to eat a bigger serving.

3

Heat Quickly

The less time and water are used, the more nutrients will be retained.

4

Add to Leftovers

Give leftover rice and pasta new pep with an assortment of vegetables.

5

Grab a Mix

Get mixed vegetables for a boost of color (and nutritional value)!

6

Skip Steam Bags

Frozen veggies can be steamed and served in a glass bowl from your microwave just as quickly.

A **high vegetable intake** has been associated with lower rates of many diseases