

SENIOR NUTRITION NEWS

Eat Smart Idaho

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Eat Vegetables: Fresh, Frozen & Canned

Vegetables are important to eat whether they are fresh, frozen, or canned. Vitamins, fiber, and other essential nutrients are found in vegetables in any form, and those nutrients help keep you healthy and feeling great!

Fresh Vegetables

Fresh vegetables are flavorful, especially when they're in season. In season vegetables are usually the most affordable. Save money on fresh vegetables by buying only the amount you can eat before they spoil. Look for locally grown vegetables at the grocery store or farmer's market. Many farmers markets now accept SNAP benefits.



Frozen Vegetables

Frozen vegetables are picked when they are at peak ripeness. Once picked they are flash frozen to seal in nutrients, so nutritionally they are comparable to fresh vegetables. Frozen vegetables can be stored safely in the freezer for months without spoiling and are an economical choice when some vegetables aren't in season..



Canned Vegetables

Canned vegetables are also picked at peak freshness and are an affordable way to get the benefits of vegetables. Due to processing, they may contain more salt. Choose "low sodium" or "no salt added" options at the store or rinse canned vegetables in water before adding them to your favorite dish. Stock up when they go on sale because they have a long shelf life.



Low-fat Veggie Dip Recipes

An easy way to make low fat dip is to swap out some or all of the full-fat sour cream and mayonnaise in your favorite dip recipe with plain low fat yogurt or Greek yogurt or pureed fat free cottage cheese.



Instant Lemon Pepper Cottage Cheese Dip

Stir a generous amount of lemon pepper into fat free cottage cheese until well blended.

Low Fat Creamy Mexican Dip

1 c. fat-free Greek yogurt, plain	½ c. salsa
½ avocado, diced	1/3 c. cilantro, fresh chopped
¼ c. red onion, finely chopped	½ tsp. ground cumin
Pepper to taste	

1. In a medium bowl stir together yogurt and salsa until well blended.
2. Then stir in avocado, cilantro, onion, cumin and pepper.
3. Cover and refrigerate up to 1 day.
4. In addition to being a great dip for fresh veggies and baked chips, it a terrific sandwich spread and baked potato topper. (Each heaping tablespoon has just 28 calories)

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Sources: <https://extension.msstate.edu/blogs/extension-for-real-life/fresh-frozen-or-canned-which-better>; <http://simple-nourished-living.com/2011/11/16-slim-healthy-low-fat-dip-recipes/> retrieved 05/29/26

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