



5 Myths of Food Processing

MYTH #1

Fresh is better than packaged



FACT #1

- Frozen fruits & vegetables are packaged at their nutritional peak and can retain more nutrients than fresh produce.
- Canned vegetables can also contain more nutrients than raw vegetables (example: canned tomatoes contain more lycopene and carotenoids than fresh tomatoes).¹

MYTH #2

Shop the perimeter of the supermarket for the most nutritious options



FACT #2

The perimeter of the supermarket has many nutritious foods, but interior aisles also include nutritional items such as:

- Canned and dried beans
- Whole grains
- Pasta
- Nuts
- Seeds
- Hot and ready cereals

MYTH #3

Processed foods don't have any nutritional benefits



FACT #3

Some foods that are classified as processed, like refined grains, contain essential nutrients. Without grains in our diet, many Americans would fall short of important nutrients like:²

- Folate
- Iron
- Dietary fiber
- Magnesium

MYTH #4

You need to know how to cook to have a well-balanced diet



FACT #4

- Nutritious, affordable convenience foods can make meal prepping easier, such as jarred tomato sauce, grain mixes, rotisserie chicken, and more.
- Check out the nutrition label and ingredient list to ensure foods are providing nutrients without too much additional sodium or added sugars.

MYTH #5

A healthy dietary pattern is expensive



FACT #5

- There are many budget-friendly, nutritious foods, such as canned and frozen fruits and vegetables, pasta, cereal, eggs, yogurt, nuts, and canned and dried beans.
- Shopping from a list, planning meals in advance, & buying staple items on sale can also make eating healthy more affordable.

References

1. Bouzari A, Holstege D, Barrett DM. Vitamin retention in eight fruits and vegetables: a comparison of refrigerated and frozen storage. *J Agric Food Chem*. 2015;63(3):957-962. doi:10.1021/jf5058793
2. Papanikolaou Y, Fulgoni VLI. The Role of Fortified and Enriched Refined Grains in the US Dietary Pattern: A NHANES 2009-2016 Modeling Analysis to Examine Nutrient Adequacy. *Front Nutr*. 2021;8:655464. Published 2021 Sep 6. doi:10.3389/fnut.2021.655464