

## "Fresh vegetables are better than frozen ones"

Written by

DATE\_FORMAT\_LC2 -

---



"Fresh vegetables are better than frozen ones"

Not always! Frozen vegetables usually go directly from the field to the factory where they are prepared for the freezing process. Fresh vegetables may have to travel long distances from the farm to your retail outlet, where it is not usually sold the same day. It can then take many days before the fresh vegetables end up on your table. During this period, they may lose lots of their essential vitamins and minerals, while the frozen vegetables keep most of theirs intact.

?