Fresh, Frozen, Canned or Dried

What type of produce provides the most nutrients?

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Colorful, flavorful fruits and veggies don't necessarily lose their good-for-you qualities when they're processed, according to the American Dietetic Association. "Research shows frozen and canned foods can be as nutritious as fresh," says Ximena Jimenez, a registered dietitian and association spokesperson. "In fact, since some nutrients in canned produce are more easily absorbed in the body, these can sometimes be better nutrition choices than fresh."

To keep the nutrients in canned or frozen fruit and vegetables at their peak, pick produce packed in their own juices without added sugar and salt. "There are [many] varieties on grocery store shelves, which makes it easy to find foods that suit your tastes and fit into a healthy eating plan," Jimenez says.

In addition, dried fruit is also high in fiber, vitamins A and C, potassium and folate. But beware: The natural and sometimes added sugar can boost the calorie count.

In general, eat fresh fruits raw, use frozen versions for smoothies, and mix dried fruit with nuts for a tasty trail mix.

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