

## Choosing Healthy Frozen Foods

Many frozen, packaged foods are processed. This means they are quick to cook but have fewer nutrients like fibre and vitamins and too much sodium, sugar and saturated fat.

Look for frozen, whole foods

Try **lean protein** such as **unbreaded fish** or **seafood**

Choose **pre-cut frozen vegetables** that can be added to your meals

Choose **frozen fruit** to enjoy for dessert

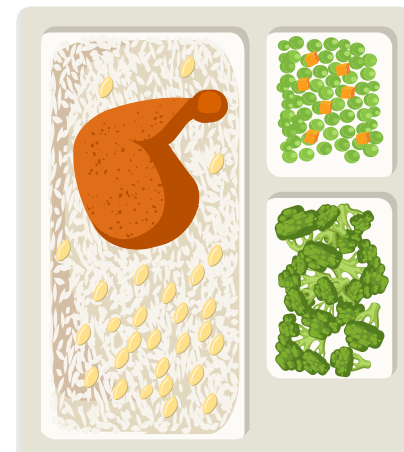
### Looking for a ready-to-eat meal?



Compare products and choose a meal that has **lower amounts of sodium and saturated fat**



Check the **nutrition facts table**. Choose a meal that has **15% daily value or more** of fibre



Disclaimer: These tips are for information only. They do not replace advice from your doctor.



Learn more about choosing healthy foods.

Visit [www.cardiaccollege.ca](http://www.cardiaccollege.ca) or [www.diabetescollege.ca](http://www.diabetescollege.ca) to watch the Choosing Healthy Foods video series.