

## Choosing Vegetables and Fruits



Eating organic or non-organic vegetables and fruits with each meal can improve your health.



### Looking for frozen vegetables and fruits?

Check the ingredient list to make sure that **sugar** and **salt** have not been added



Choose many colours of fruits and vegetables to get different vitamins and minerals



Whole, prewashed, or chopped fresh vegetables and fruits are all healthy options



### Looking for canned vegetables and fruits?

Choose products that have the **low sodium** or **no sugar added** claim on the package

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.