



## Buy This and Say Bye-Bye to That Shopping for Frozen Foods

Buy	Bye-Bye
Frozen vegetables	Canned vegetables that contain additives and preservatives.
Frozen fruits	Canned fruits that contain high fructose corn syrup and other additives and preservatives.
Ice cream made with real ingredients.	Ice cream containing fake sugars, additives and preservatives.
Frozen products that contain all real ingredients ex. clean raviolis or dumplings etc. Please refer to note below.	Frozen products, such as convenience meals, pizza, etc. that are loaded up with additives and preservatives.

**Note:** When choosing frozen convenience meals that have clean ingredients, is important to be aware of the amount of sodium in the product. Even though these food products may contain clean ingredients; it is better to consume them every once in a while, due to the sodium content being quite high.