

# Freezing: Keeping Fresh Food Fresh, Year-Round

## Nutrition

**Nutritionally, frozen fruits, vegetables, entrees, and sauced vegetables are comparable to homemade, non-frozen counterparts.**

An analysis of best-selling frozen foods within the most popular categories reveals the daily values for total fat, saturated fat, cholesterol, and sodium are **comparable to homemade items**.\*

*Refer to [frozenadvantage.org](http://frozenadvantage.org) for analysis details*

Freezing **locks in nutrients at the peak of ripeness** for fruits and vegetables; protects protein, vitamins A and D, and other nutrients in meat, seafood, and poultry; and preserves macro- and micronutrients in prepared foods.<sup>2</sup>

Studies show that frozen fruits and vegetables are **nutritionally equal to, and in some cases superior to**, their fresh counterparts.<sup>4</sup>

## Quality

**Today's advancements allow foods to be frozen at the peak of freshness, using temperature to lock in flavor and quality.**

Freezing preserves food by **solidifying naturally-occurring water into ice**. This pauses nutrient degradation, bacterial growth, and enzyme activity to preserve the flavor, texture, and color of foods.

Individual Quick Freezing, or IQF, reduces the temperature of food to -20°F in a few minutes, creating the smallest ice crystals possible, which **protect the cellular structure** of meats, fruits, vegetables and multi-ingredients meals to maintain quality.

Fruits and vegetables are typically flash frozen just hours after harvest, and frozen meals are just-baked recipes. Freezing **locks in the peak flavor and nutrition**.

## Food Waste

**Purchasing frozen food can significantly reduce food waste thanks to single serving options, the ability to portion what's needed, and a longer shelf life.**

Nearly **40% of all food** in the United States goes uneaten, reaching a value of \$444 billion, with a substantial portion of this waste occurring at the consumer level.<sup>1</sup>

The average American household could **save at least \$1,500 per year** by eliminating food waste.<sup>3</sup>

More than **8 in 10 consumers** agree that buying frozen food helps them limit the amount of food wasted at home.<sup>1</sup>

\*Comparable within 5%

1. Neff RA, Spiker ML, Truant PL. Wasted food: U.S. consumers' reported awareness, attitudes, and behaviors. *PLoS One*. 2015;10(6):e0127881.

2. D.P. Attrey, Chapter 44 - Safety and quality of frozen foods, Editor(s): Rajul Kumar Gupta, Dudeja, Singh Minhas, *Food Safety in the 21st Century*, Academic Press, 2017, Pages 527-539, ISBN 9780128017739, <https://doi.org/10.1016/B978-0-12-801773-9.00044-3>.

3. <https://www.mitre.org/news-insights/news-release/mitre-gallup-survey-finds-us-households-waste-62-cups-edible-food-every>

4. Bouzari A, Holstege D, Barrett DM. Vitamin retention in eight fruits and vegetables: a comparison of refrigerated and frozen storage. *J Agric Food Chem*. 2015 Jan 28;63(3):957-62. doi:10.1021/jf5058793. Epub 2015 Jan 13. PMID: 25526594.