

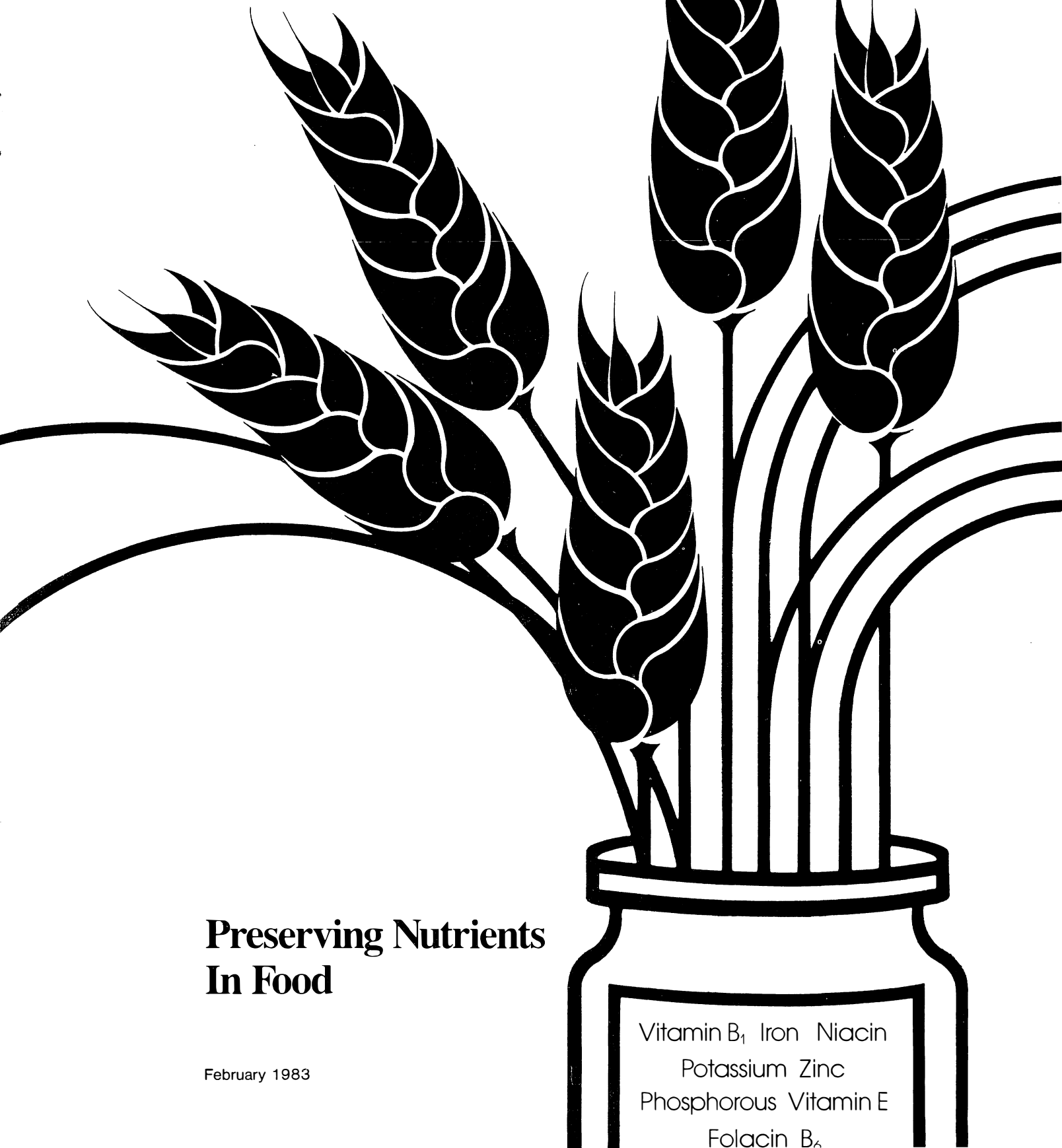
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Preserving Nutrients In Food

February 1983

Vitamin B₁ Iron Niacin
Potassium Zinc
Phosphorous Vitamin E
Folic acid B₆

Preserving Nutrients In Food

Food preservation, necessary to feed the population of the world, has a drawback: nutrient destruction. To varying degrees, all nutrients in produce are jeopardized during storage, processing, and cooking. In fact, the moment produce is picked, its nutritional composition begins to change through oxidation. In processing, heat is one of the main culprits, but light, oxygen, water, and acid (pH) can also destroy nutrients.

What kind of fruits and vegetables—fresh, canned, or frozen—are the best nutritionally? Well, that depends on the nutrients you're looking for. ERS economist Tanya Roberts examines this subject in her article, "Food Preservation and Nutrition," which begins on page 2.

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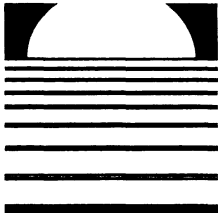
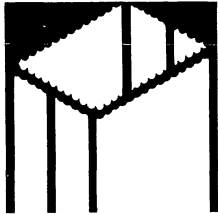

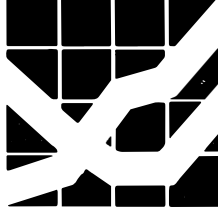
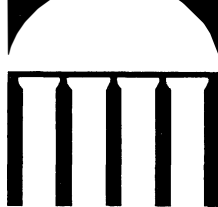
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