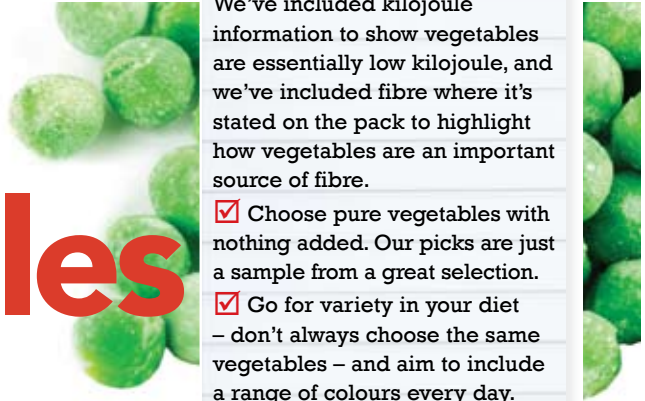


# HFG guide to frozen vegetables

Nutritionist **Rose Carr** spills the beans on frozen vegetables.



## Your checklist

We've included kilojoule information to show vegetables are essentially low kilojoule, and we've included fibre where it's stated on the pack to highlight how vegetables are an important source of fibre.

- Choose pure vegetables with nothing added. Our picks are just a sample from a great selection.
- Go for variety in your diet – don't always choose the same vegetables – and aim to include a range of colours every day.
- When looking at the nutrition information, for most vegetables 100g is a little over half a cup – roughly a serve.

## Healthy Food Guide picks

**Wattie's Wok Creations Stir-fry Malaysian Style 400g**



Per 100g serve: 190kJ, 2.7g fibre; \$1.05

Great flavour combination – we loved the addition of edamame.

**Wattie's Broad Beans 500g**



Per 100g serve: 225kJ, 6.2g fibre; \$0.60 Note: the fibre value includes the outer shell which you may remove. Broad beans still have a useful amount of fibre if you do this.

Use shelled broad beans to add great colour and nutrition to salads.

**Pams Asparagus Spears 200g**



Per 100g serve: 90kJ, fibre not stated; \$1.68

Don't expect this asparagus to have the same texture as fresh asparagus; the flavour, however, is great, making this asparagus a welcome addition to quiche or risotto.

**McCain Carrot, Cauliflower, Broccoli & Sugar Snap Peas 1kg**



Per 100g serve: 114kJ, 3.0g fibre; \$0.52

Lovely colour combination. The addition of sugar-snap peas and smaller carrot slices works well.

**Talley's Corn Cobs 1kg**



Per 100g serve: 345kJ, fibre not stated; \$0.47

These corn cobs have that 'just picked' sweet 'summer' flavour.

**Talley's Spinach Portions 500g**



Per 100g serve: 102kJ, fibre not stated; \$0.80

This is a super-convenient way of getting a good dose of greens in any kind of dish.