

88 WORDS, 30 SECONDS

CONSUMER CORNER

Supermarket Guru Phil Lempert Here. The F-D-A has found virtually no nutritional difference between fresh and frozen fruits and vegetables. Frozen foods are just as nutritious as their fresh counterparts. Frozen meals, from Healthy Choice and Marie Callender's, give families access to real ingredients such as freshly-cut vegetables that go from farm to freezer within twenty-four hours and pasta made fresh each day. To see what the future of frozen food could look like, visit super-market-guru-dot--com.