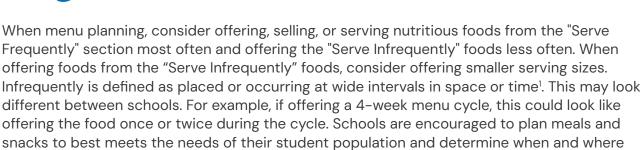
Vegetables and Fruits



Serve Frequently

changes are possible.

- Fresh* vegetables and fruits
- Frozen vegetables and fruits
- · Canned vegetables
- Canned fruits (packed in juice)
- Fruit sauces (100% fruit with no added sugar, e.g., unsweetened apple sauce)
- Dried fruits (100% fruit with no added sugar)^
- Cultural plant foods (e.g. seaweed, native berries and roots)**

Serve Infrequently and in smaller serving sizes

- · Canned fruits in heavy syrup
- Battered and/or deep-fried vegetables
- French fries/fried potatoes
- Chips (regular, baked or extruded), including potato chips, corn chips, tortilla chips, veggie chips
- · Fruit cups in gelatin/jelly
- Prepared pie filling
- Processed fruit snacks (e.g., fruit leathers, fruit bars and gummies, including those made with 100% fruit juice)
- Frozen fruit bars, popsicles or fruit-based freezies
- Products that are deep-fried, contain sugar substitutes or supplemental ingredients (e.g. caffeine, amino acids)

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^{*}Visit buy BC's Guide to local, seasonal foods to find out when produce is in season in B.C.

^{**}For examples, see: https://www.fnha.ca/Documents/Traditional_Food_Fact_Sheets.pdf

[^] Dried fruit can stick to teeth and cause dental cavities. Therefore it choosing dried fruit, ensure it is served with other foods.