



SAVING NUTRIENTS - PASTAS (MACARONI, NOODLES, SPAGHETTI)
FRUITS
VEGETABLES

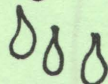
ROOM TEMPERATURE (Sunlight destroys B vitamins and vitamin C)



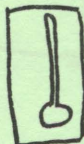
- Store noodles, spaghetti, rice in opaque or colored glass or plastic; or metal containers - covered.



- Unpeeled fruit can be stored at room temperature away from heat.

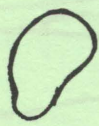


- Wash vegetables thoroughly but do not soak. Vitamins are lost by long soaking in water. Pastas do not need to be washed.

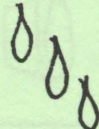


- Store canned goods in a cool place - away from the heat of the sun, the radiator, or the stove.

STOVE (Overcooking destroys B vitamins and vitamin C)



- Sunlight is not a problem when cooking.



- Whole vegetables and fruit lose fewer vitamins than sliced or diced because there is less surface area exposed to air and water.

- Cook with a tight fitting lid, for the recommended time, with specified amount of water so there is little or no water to throw away. This cuts down the loss of vitamins from heat or into the water and shortens cooking time

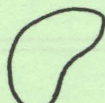


- Cook the amount needed. Keeping foods hot or reheating results in greater loss of vitamins.

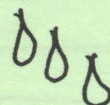
REFRIGERATOR (Cool temperatures protect vitamins)



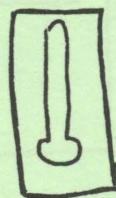
- Sunlight will not reach food in the refrigerator.



- Refrigerator or freezer storage can use clear glass, plastic with a lid; metal containers are not recommended for refrigerator storage because they can cause problems. Wraps should be moisture-vapor proof.



- Use leftovers in casseroles, soups.



- Store fruits and vegetables in the refrigerator to extend storage life. Do not use wilted portions or spoiled foods. Recommended refrigerator temperature is 35° to 45°F.

- 0°F (-18°C) is the temperature necessary to maintain the best quality in frozen foods.

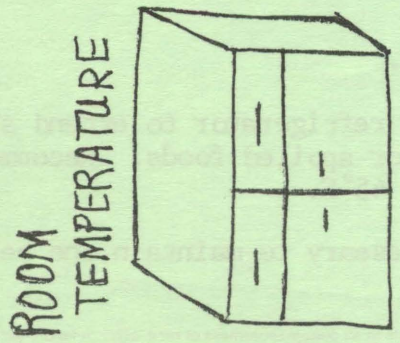
SAVING VITAMINS
PASTAS
FRUITS
VEGETABLES

TEMPERATURE

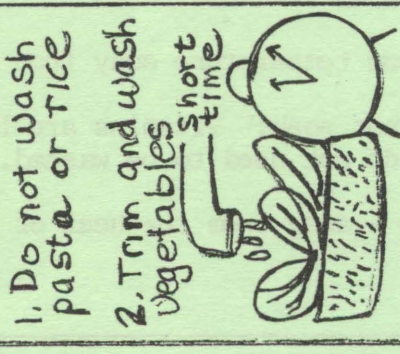
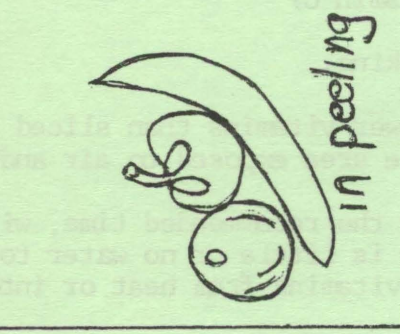
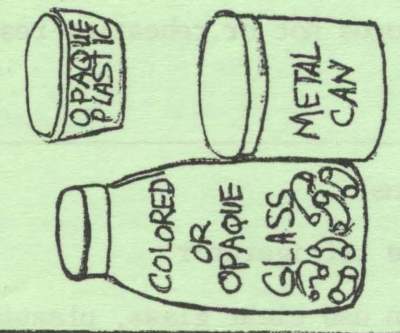
WATER

AIR

SUN LIGHT

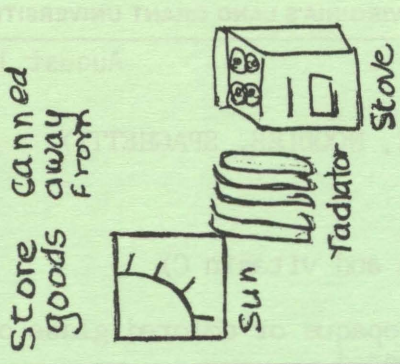


ROOM TEMPERATURE

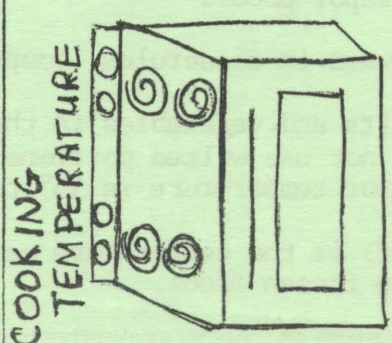


1. Do not wash pasta or rice

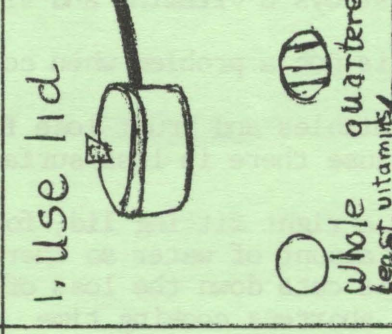
2. Trim and wash vegetables



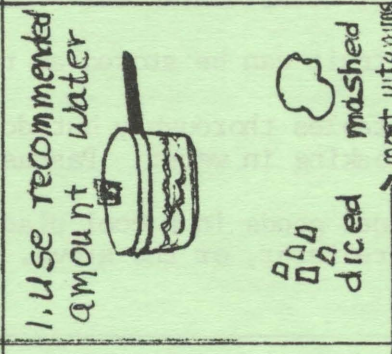
Store Canned goods away from



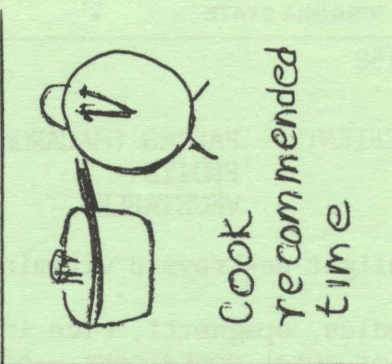
COOKING TEMPERATURE



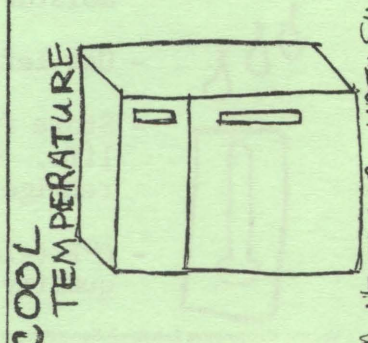
1, use lid



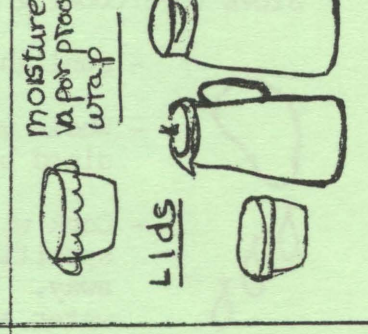
1, use recommended amount water



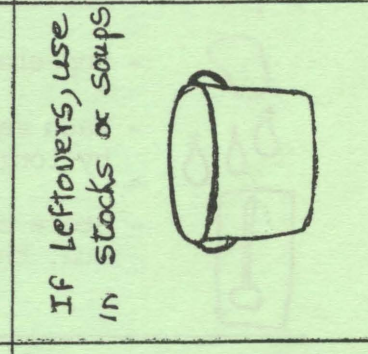
COOK recommended time



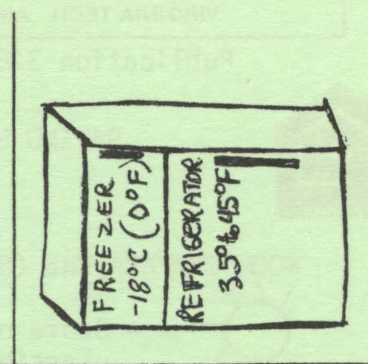
COOL TEMPERATURE



moisture via por-proof wrap



If Leftovers, use in stocks or soups



FREEZER -18°C (0°F)
REFRIGERATOR 3.5° to 4.5°F