

# 5 Things on Fruits & Veggies You May Be Wrong About



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The USDA recommends we eat at least five servings a day of fruits and vegetables. But we may be uncertain about the best way to achieve this. Does drinking juice count? Should we enjoy our veggies raw or cooked? Are frozen fruits as good as fresh? We'll look at five common myths around fruits and veggies—and set the record straight—so you can enjoy the most benefits from these delicious foods.

## 5 Food Myths You've Heard Before

### 1. Fresh fruits and veggies are more nutritious than frozen ones.

Fruits and vegetables have the largest amount of nutrients when they're plucked from the tree or picked from the soil. And when freshly picked goods are frozen, they conserve much of their vitamin and mineral content. For fresh produce sold in supermarkets and grocery stores, this is a different story. Shipping them from the orchard to the point of sale can take days, or even weeks. So, when they reach your plate, they've already lost part of their nutrients.

## **2. Fruit juice is as healthy as a whole fruit.**

Drinking fresh juice is better than nothing, but it doesn't bring as many health benefits as eating a whole fruit. Besides having more vitamins and minerals, whole fruits make you feel a little fuller. They also contain fiber, which helps in digestion. Industrial fruit beverages can contain a shocking amount of added sugar, and calories, sometimes as much as soda!

## **3. Raw veggies are more nutritious than cooked.**

While it's true that some nutrients can be lost during the cooking process, others including beta-carotene, lutein, and lycopene, aren't as available when eaten raw. Cooking helps activate them. For example, a study showed that [boiling carrots increases the quantity of antioxidants](#) like carotenoids. Moreover, some fibrous foods like broccoli or cauliflower are more easily digested when they're cooked.

## **4. Colorful fruits are the most nutritious.**

This isn't completely wrong. Rich colors naturally indicate an abundance of nutrients. But don't discard white color foods from your diet. Cauliflower contains a healthy dose of antioxidants, folate, and vitamin C. Mushrooms are a rare source of vitamin D. And cabbage is rich in vitamins, calcium, and iron, as well as a good source of fibers.

## **5. When eating celery, you burn more calories that you ingest.**

With less than 10 calories per serving and rich in fiber, celery is a healthy snack. And it may indeed help boost your weight loss. But the widespread belief that it takes more energy to crunch and digest it than what the veggie contains is false. Celery—or lettuce for that matter—are healthy, but not “negative-calorie” foods.