

## **When Organic Meets Convenience: But Fresh, Frozen Or Jarred - That Is The Dilemma!**

Although it goes without saying, organic fruits and vegetables are preferable choices for baby, and the fresher the produce is the more nutritious it is. But in the winter when produce has been in cold storage for extended periods or has been shipped from half-way around the world, 'fresh' may no longer be the most nutritious choice.

Two important and common reasons why fruits and vegetables lose nutrients is from storing them for too long, and from overcooking them. When you purchase frozen fruits and vegetables, these have typically been picked at their prime and then frozen very soon after harvesting, thus preserving their freshness and nutrient content. So really, if the choice is between 'fresh' but old, discoloured and limp pea pods, or canned peas, or frozen peas, the choice for 'freshest' would be frozen peas! Similarly, frozen baby food can be the superior and most nutritious choice.

If you can get good quality fresh fruits and vegetables to make your baby's food, and if you have the time, that is often the best choice. There are a number of fabulous recipe books on making baby food as well as some incredible resources online on how to do this – see [www.wholesomebabyfood.com](http://www.wholesomebabyfood.com).

When it comes to jarred baby food, you'll find something obviously lacking: flavour! What isn't quite as obvious is that jarred baby food often also tends to be poorer nutritionally. Jarred food is very convenient as it is shelf stable and does not need refrigeration until opened. However, that longer shelf life comes at a high price as jarred foods need to be processed at very high temperature and pressure, which can destroy some vitamins.

For moms who do not have the time, or ready access to fresh fruit and vegetables, and for those moms who don't want to feed their babies jarred foods, ready-made frozen baby foods are a great alternative. These are just like homemade baby food, are nutritious and taste great too. Typically, these are made from truly fresh organic fruits and vegetables, and with high quality organic grains, cooked, cooled, and fresh frozen in conveniently sized portions...all

the convenience, flavour, and nutrition content preserved, but with none of the guilt!

Kalpna Solanki BSc MBA CPHI(C) is the President of BOBOBABY. Kalpna is a mom and has a background in public health and environmental management.

Lawrence Mroz PhD(C) is the Director of Research and Nutrition at BOBOBABY. Lawrence has a background in molecular biology and holistic nutrition, and is currently doing research in the area of diet and health.

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