

# When you think of produce, don't just limit yourself to the fresh products.

There are many great frozen, canned, dried, and 100% juice options, which make it so easy to include a colorful variety of fruits and veggies in your diet. Try:

- Frozen berries in a delicious smoothie or as a cereal topping.
- Canned beans for a quick, colorful addition to salad greens.
- Dried fruit mixed with nuts to make a great go anywhere snack.
- 100% juice as an alternative to sodas on the go.



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For more information, visit  
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