



HAVE YOU EVER WONDERED?



Q: Is a tomato a fruit or a vegetable?

A: A vegetable is defined as a food eaten as a side dish. Vegetables come from many parts of the plant, including the fruit. A tomato is both a fruit and a vegetable, but it is classified as a vegetable by the government.

Q: Which has more vitamin A value, a raw carrot or a cooked carrot?

A: Cooked carrots have more vitamin A value than raw carrots. When carrots are heated, the betacarotene, which gives carrots their vitamin A value, is released from the carrot cells and is better absorbed by the body.



Q: Is grape jelly part of the fruit group?

A: Grape jelly is NOT part of the fruit group. It is placed in the "Extras" category at the top of the Food Guide Pyramid because the serving size is so small. Foods in this category have very few vitamins or minerals and should be used sparingly.

Q: Can ketchup count as a vegetable?

A: Ketchup is made from tomatoes, but because the serving size is so small, it is not counted as a vegetable.



Q: Which has more nutritional value, canned, fresh, or frozen vegetables?

A: In general, there is little difference. Frozen vegetables are processed shortly after they are picked, so they have about the same amount of vitamins and minerals as fresh vegetables. Canned vegetables are nutritionally about the same as fresh, cooked vegetables.

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