



杭州康纯进出口贸易有限公司

HANGZHOU COMTRUE TRADING CO., LTD

Hangzhou Comtrue- Frozen Food is more better than Fresh

Vegetables and Fruits Supplier, Bean products Distributor, Canned and Fresh foods Wholesaler or OEM Service factory-Hangzhou Comtrue Trading Co.,Ltd.

Frozen fruit and vegetables can be healthier, with higher levels of vitamins and cancer fighting antioxidants, than leafy 'fresh' produce.

Two independent studies found more beneficial nutrients in everything from frozen broccoli florets and carrots to blueberries.

In two out of three cases frozen fruit and vegetables scored better on antioxidant-type compounds – including Vitamin C, polyphenols, anthocyanins, lutein and beta-carotene. Consumption of these anti-oxidant compounds is considered beneficial in preventing cancer and supporting the working of the body, brain, skin and eyes.

Produce bought from the supermarket greengrocer section is full of colour and crunch, while many stores even use fine mist sprays to give a 'just picked' look.

This supermarket theatre convinces shoppers to pay a premium for food they believe is good for their family's health as well as being tasty.

However, the reality is that these vegetables and fruit may well have been held in storage for a month, while they then sit in the fridge at home for days before being eaten.

Over the days, they gradually deteriorate, slowly losing some of the nutrients associated with leafy greens and fruit.

By contrast, vegetables and fruit sold in the frozen cabinets are chilled soon after harvest and so retain higher levels of vitamins and antioxidants until they are eaten.

Comtrue is a professional exporter whom is dealing in with all kinds of frozen vegetables and fruits. Eventhough Comtrue is not a big company, but we have been dealing in this area more than 20 years. And now Comtrue become one of leading frozen food exporter of China, which has enjoyed a good reputation from our customer all over the world. We aim to fulfill client's requirement, that's why we are named Comtrue. Welcome to your inquiry.

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