

DEBUNKING FOOD MYTHS

This just in! Not everything you've heard about healthy eating is true. With more and more misinformation being spread about nutrition, it can be difficult to decide on how to create healthy meals for you family. At Knorr, we believe nutritious food doesn't have to be time-consuming or strenuous and certainly shouldn't require extensive research. Let's debunk some of these popular food myths and help you make healthier choices for you and your family.

THE MYTH

HEALTHY FOOD IS ONLY AVAILABLE AT HIGH-END RETAILERS.



THE FACT

Nutritious, shelf-stable vegetables are available everywhere, including dollar value chains.

THE MYTH EATING HEALTHY IS EXPENSIVE

THE FACT

Planning meals ahead of time, buying in-season product and stocking up on canned veggies are healthy ways to save money.

THE MYTH

CANNED AND FROZEN FOODS ARE NOT AS HEALTHY AS FRESH FOODS.



Research shows many canned and frozen foods are just as, if not more, nutritious than fresh foods.



THE MYTH COOKING HEALTHY TAKES A LOT OF TIME.

THE FACT

Shortcuts like using canned beans, pre-chopped or frozen veggies and ready-to-eat grains help you save time in the kitchen.

THE MYTH

YOU NEED COOKING SKILLS TO MAKE HEALTHY MEALS.



THE FACT

You don't have to be a gourmet chef to prepare nutritious meals, all our recipes are created with versatility in mind.



THE MYTH TAKEOUT IS EASIER AND CHEAPER.

THE FACT

Cooking at home doesn't have to be labor intensive and can cost 3-5 times less than ordering takeout.

THE MYTH MICROWAVING FOOD IS BAD.



THE FACT

The best cooking method is one that cooks quickly, like microwaving, to help retain food's nutrients.