



CWSF 2006 - Saguenay, Québec



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As Nutritious as Fresh

Division:	Life Sciences
Category:	Junior
Region:	St. James-Assiniboia
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Abstract:	This project tested how the processing of food effects its Vitamin C content.
	The Vitamin C content of fresh fruits and vegetables were compared to
	canned and frozen. A Vitamin C indicator was used for this method. It was
	found that compared to fresh, frozen foods are effected least by processing.



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