

# STRAWBERRIES



**To Look for:** Strawberries should be plump and firm with a bright red color and natural shine. Caps should be fresh, green, and intact. Avoid strawberries with green or white color, or those that appear mushy, shriveled, or leaky.



**At Home:** To keep strawberries fresh, refrigerate as soon as possible. Store in refrigerator crisper for up to 7 days (best to use sooner). Rinse with stems on in clean drinking water directly before using. Let come to room temperature before eating.



**Your Health:** Strawberries are a nutrient-rich fruit:

- Very Good Source of Vitamin C
- Very Good Source of Fiber
- Also include calcium, iron, potassium and folate.



**Benefits:** Eating more fruits, especially high fiber, Vitamin C rich fruits, reduces risk of cancer, heart disease and strokes.

- Vitamin C helps your body absorb iron and helps your immune system
- Fiber aids digestion and gives a feeling of fullness when eating
- Calcium prevents bone loss, iron prevents anemia, potassium keeps up muscle function, and folate prevents birth defects.

## Nutrition Facts

Serving Size 8 medium berries  
(147g)

Amount Per Serving

**Calories** 45      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 12g      **4%**

Dietary Fiber 4g      **16%**

Sugars 8g

**Protein** 1g

Vitamin A 0%      -      Vitamin C 160%

Calcium 2%      -      Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Additional Nutrition Information

Potassium 270mg      **8%**

Folate      **20%**



**Tips to Eat More Strawberries:** A serving of strawberries is ½ cup sliced berries, about 7-8 medium strawberries.

- Keep strawberries on hand for a quick snack
- Add sliced strawberries to cooked or uncooked breakfast cereal
- Or try sliced strawberries on pancakes or waffles
- For an easy snack make your own yogurt parfait with fresh strawberries and granola or high-fiber cereal
- Add sliced strawberries to green salads (try a salad with spinach or red leaf lettuce, 2 powerhouse spring vegetables) for tangy sweetness
- Strawberries are also great in fruit salads!
- Make a quick smoothie by blending fresh strawberries with banana and plain or vanilla yogurt. Try other combinations for variety.
- Use strawberries to make a fruit salsa to accompany meat, chicken or fish dishes
- Or you can add strawberries to chicken and tuna salads
- Don't forget dessert! Make a strawberry milkshake with reduced fat ice cream or frozen yogurt, use as a topping for angel food cake, try reduced fat strawberry shortcake or dip strawberries in chocolate sauce.



**Quick Recipe Ideas:**

- Combine ½ cup vanilla yogurt with ¼ cup unsweetened applesauce and 1 tsp. honey for a great fruit dip
- Add fresh strawberries to your favorite muffin or bread recipes
- **Lime Dip for Strawberries:**

½ c. reduced-fat sour cream  
 4 tsp. powdered sugar  
 1 tsp. lime peel  
 2 tsp. lime juice

32 medium strawberries

Mix all ingredients and serve with fresh strawberries for dipping (8 medium berries are one serving).

Makes 4 servings.

Per Serving: Calories: 100, Total Fat: 3.5 g. (6%), Sodium: 10 mg. (1%), Total Carbohydrate: 16 g., Dietary Fiber: 4 g. (16%), Protein: 2 g., Vitamin A: 2%, Vitamin C: 160%, Calcium: 6%, Iron; 4%.  
 (Better Homes and Gardens, *Cooking for Two*).



**For One or Two:**

To serve two follow same directions using: ¼ c. reduced-fat sour cream, 2 tsp. powdered sugar, ½ tsp. lime peel, 1 tsp. lime juice. Save the rest for a quick fruit dip for any fruit snack, or divide this recipe by 2 to serve just one.

**Modifications:**

Reduce the amount of lime juice and peel to your taste preference, or try making a lemon or orange dip. Use the dip on any fruits.

**Storage and Freezing:** The prepared dip will keep in the fridge for up to a week.



Try this recipe with your family or have your kids help you make it—it's quick and easy and may get them to eat more strawberries or other fruits with which you serve the dip.