VITAMIN C FOR YOU AND ME!

strawberry

Just half of a cup of fresh or frozen strawberries provides 160 percent of the recommended dietary allowance of vitamin C for children ages 1-8. Eating three or more servings of strawberries per week may help women reduce their risk of heart attack by as much as one third.

DID YOU KNOW?

On average, there are 200 tiny seeds in a strawberry.
In addition to vitamin C, strawberries also contain antioxidants, fiber and folate, which are important for overall health and can help reduce chronic disease.
Strawberries are a member of the rose family.
Strawberries are available from November until the beginning of April, with peak season months in February and March.

WELLNESS TIP

Recognize success. Behavior change isn't easy, so when you succeed, give yourself credit.

SHOPPING, PREPARING AND STORING

Choose strawberries that are plump, fragrant and firm, with no signs of bruising, leaking or mold on the bottom of the container and no greenish-white shoulders at the stem.
Never hull strawberries until they have been washed or they will absorb too much water and become mushy.

COOKING TIPS

Strawberries taste best at room temperature. Set them out on the counter about one hour before eating for the best flavor.
Add strawberries to your morning oatmeal or cereal, mix them into a spinach salad or wash and eat them fresh out of the carton.

STRAWBERRY POPS

serves 4

- 12 strawberries
- 1 cup low-fat vanilla yogurt
- 1 cup lightly crushed whole-grain cereal
- 12 (4-inch) lollipop sticks

1. Rinse strawberries and remove leaves.
2. Dip berries in yogurt, then in the cereal.
3. Insert sticks into the narrow end of the strawberry. Serve immediately.

Calories: 106; Total Fat: 1 g; Saturated Fat: 0.5 g;
Total Carbohydrates: 21 g; Protein: 5 g; Sodium: 77 mg

Recipe provided by Chef Justin Timineri, C.E.C.,
Florida Department of Agriculture and Consumer Services

CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

ChooseMyPlate.gov

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