

STRAWBERRY



Fresh Fruit & Vegetable Program

Nutrition Facts

Serving Size 8 medium berries (147g)

Calories 50	%Daily Value
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%

Protein 1g

Health Benefits

- Packed full of potassium.
- A source of magnesium to aid in strong bones and teeth.
- Naturally fat and cholesterol free.
- Provides vitamin C to promote healthy body tissues.

DIFFERENT USES

- Add sliced berries to spinach salad and toss with a low-fat balsamic vinaigrette.
- Top waffles or pancakes with sliced strawberries and bananas for a fresh alternative to syrup.
- Toss in with other fruit and blend for a creamy smoothie.
- Skip the J in a classic PB and J sandwich and use fresh sliced strawberries in its place!

FUN FACT

- On average, there are 200 tiny seeds on every strawberry.
- There are more than 600 varieties of strawberries.
- It is the only fruit with the seeds on the outside.
- Each US resident eats 3.4 lbs of fresh strawberries a year.
- All the strawberries produced in California laid berry to berry would go around the world 15 times.