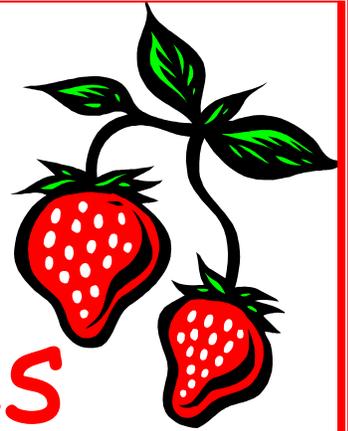




Food Focus:

Spring into...



Strawberries

From: Monica Cengia MEd, RD, LD, Consultant Dietitian, Vitaflo

**Natural sources of Vitamin C and folic acid,
Strawberries are the perfect spring treat!**

A great
"natural"
treat to make!



The Stats on Strawberries

- ~50 Calories per 1 cup serving
- ~No Saturated Fat or Cholesterol
- ~High in Fiber, Vitamin C, Folate, & Potassium - "berry" nutritious!

Frosty Strawberry Pops

Ingredients:

- 1 pint basket strawberries, stemmed
- 1 cup (8 oz.) Coffeemate
- 3 Tbsp. frozen orange, cranberry or pineapple juice concentrate

Directions:

In a blender, blend all ingredients about 1 minute until smooth. Pour into eight 3-ounce, wax-coated paper cups. Place in shallow pan and insert a wooden craft stick or plastic spoon into the center of each. Freeze until firm, about 4 hours. To release pops from cups, dip briefly into hot water up to rim of cup. Makes 8 servings (7mg phe each)

A Little Research

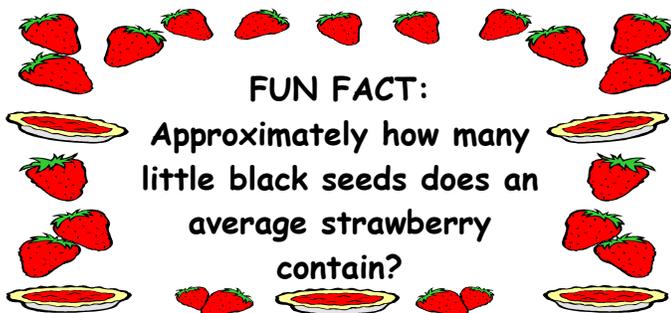
A study by the United States Department of Agriculture  found that **STRAWBERRIES** contained the greatest total amount of **antioxidant** capacity compared to 17 other fruits and juices tested!

Definition: **antioxidant**
Provide protection by neutralizing free radicals – substances in the body that can damage cells and lead to disease.

Incorporating 3-4 servings of fruits per day- especially one serving consisting of **STRAWBERRIES**- can greatly decrease your risk for cancer and heart disease.

A Berry delicious way to stay healthy!

200
Seeds



Answer →