



## VITAMIN C FOR YOU AND ME!

# strawberry

**You can eat strawberries with any meal! Add strawberries to your morning oatmeal or cereal, mix them into a spinach salad or wash and eat them fresh out of the carton.**

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

**Florida is known for being the largest producer of strawberries during the winter, and the primary growing area is Plant City.**

### 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 and waterlogged.

### Cooking Tips

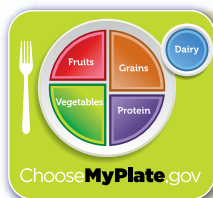
- There are many modern and traditional recipes for strawberries, but the best way to enjoy them is how nature intended, simply prepared and fresh.
- Strawberries taste best at room temperature. Set them out on the counter about one hour before eating for the best flavor.

## STRAWBERRY POPS

- 12 strawberries
- ½ cup low-fat strawberry yogurt
- 12 4-inch lollipop sticks
- 1 cup whole-grain cereal, lightly crushed



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



#### FRUITS

Make most of your choices whole or cut fruit instead of juice.

#### VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

#### GRAINS

Make at least half of your grains whole grains.

#### DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

#### PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.