

Strawberries

NUTRITION INFORMATION

❖ STRAWBERRIES ARE LOW IN CALORIES (32 CAL/100 G) AND FATS BUT RICH SOURCE OF HEALTH PROMOTING PHYTO-NUTRIENTS, MINERALS, AND VITAMINS THAT ARE ESSENTIAL FOR OPTIMUM HEALTH.

❖ THE FRUIT IS RICH IN B-COMPLEX GROUP OF VITAMINS. IT CONTAINS VERY GOOD AMOUNTS OF VITAMIN B-6, NIACIN, RIBOFLAVIN, PANTOTHENIC ACID AND FOLIC ACID. THESE VITAMINS ARE ACTING AS CO-FACTORS HELP THE BODY METABOLIZE CARBOHYDRATE, PROTEINS AND FATS.

❖ FRESH BERRIES ARE AN EXCELLENT SOURCE OF VITAMIN-C (100 G PROVIDE 58.8 MG OR ABOUT 98% OF RDI), WHICH IS ALSO A POWERFUL NATURAL ANTIOXIDANT. CONSUMPTION OF FRUITS RICH IN VITAMIN C HELPS THE BODY DEVELOP RESISTANCE AGAINST INFECTIOUS AGENTS, COUNTER INFLAMMATION AND SCAVENGE HARMFUL FREE RADICALS.

COOL FACTS

STRAWBERRIES ARE THE ONLY FRUIT THAT WEAR THEIR SEEDS ON THE OUTSIDE. THE AVERAGE BERRY IS ADORNED WITH SOME 200 OF THEM. NO WONDER IT ONLY TAKES ONE BITE TO GET SEEDS STUCK IN YOUR TEETH!

STRAWBERRIES ARE MEMBERS OF THE ROSE FAMILY.

AMERICANS EAT AN AVERAGE OF THREE-AND-A-HALF POUNDS OF FRESH STRAWBERRIES EACH PER YEAR.

Color us to match Sully the Strawberry!

