

STRAWBERRIES: DELICIOUS AND VERSATILE



Strawberries are low in calories: 1 cup of sliced, raw strawberries provides only 53 calories to your daily intake.

Strawberries are a good source of natural antioxidants that have an important role in protecting human health.

Antioxidants in strawberries come in the form of both long-established vitamins and newly defined plant chemicals, according to scientists at the Agricultural Research Service.

Strawberries are versatile. Besides being low in calories, they can be added to cereal, used in desserts, used in salads, blended in smoothies, or used as is for a sweet and healthful treat.

Berries are particularly well endowed with compounds called anthocyanins—the source of berries' blue, purple, and red colors.

Technically, a strawberry is not a true berry; it is an aggregate fruit.

The little seed-like parts on the outside of the strawberry are actually small individual fruit, each having a seed covered with a thin, pulpy skin.

The part of the strawberry that is eaten is the fleshy receptacle for the individual fruit.

Strawberries are actually a member of the rose family.

