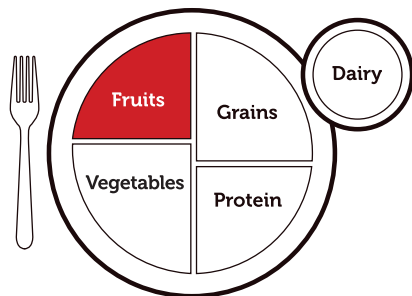




STRAWBERRY

WHAT IS IT?

Available fresh in the spring and summer, strawberries are a fruit grown on flowering plants in the rose family.



FOCUS ON WHOLE FRUITS

Strawberries are a lower-calorie sweet treat that can be easily consumed fresh or frozen in a variety of snacks and meals.

HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Fruit Group target of 2 cups. Snacking on strawberries adds up quickly toward your goal!



To find your food group targets, go to ChooseMyPlate.gov/Checklist

FUN FACTS & TIPS



Strawberries were first commercially grown in America in the 1800s.



Approximately 90% of America's strawberries are produced in California.



For a fun family outing, visit a farm that offers pick-your-own strawberries.



Blend fat-free or low-fat yogurt with fresh or frozen strawberries for a sweet smoothie.



For more information go to ChooseMyPlate.gov
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August 2017

