



## Tips for picking and storing strawberries

- Pick early in the morning or later in the day when the fruit is cool.
- Strawberries are best used within 2-3 days of picking.
- Cover and store them unwashed in the refrigerator. Do not crowd or press.

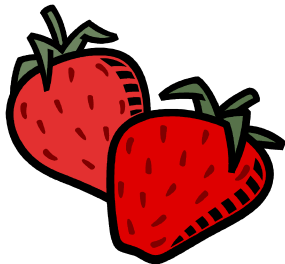


Strawberries are a healthy snack that is high in fiber and low in fat. RED fruits, such as strawberries, can help you to maintain:

- Heart health
- Memory function
- A lower risk of some cancers
- Urinary tract health

In addition, they are:

- Low in calories
- Low in total fat
- High in dietary fiber
- A great source of Vitamin C



## Strawberry Smoothie Recipe

Strawberry Smoothie

Serving Size: 1/2 of recipe

Yield: 2 servings

Ingredients:

1 large banana

1 cup fresh strawberries

1 small carton (8 ounces) low-fat vanilla yogurt

1/2 cup fruit juice (use a product made from 100% juice)

Instructions:

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses. Serve right away.

Cost:

Per Recipe: \$ 1.31

Per Serving: \$ 0.66

## Tips for selecting and keeping fruits and vegetables:

### • **Buy in season**

Fruits and vegetables taste the best when they are in season, and they are cheaper!

### • **Select for color and variety**

Including a variety of different colored fruits and vegetables will help to give you a healthy and balanced diet.

### • **Select fruits and vegetables that are high in vitamins and nutrients**

Powerhouse fruits and vegetables - those bright and rich in color - are highest in vitamins and nutrients! Get the most out of your food choices.

### • **Freezing**

Freezing can be a great way to keep fruits and vegetables throughout the year! Some fruits that freeze well include: peaches, berries (including strawberries), grapes, pears, and oranges.

**For more information on eating healthy and being active, visit our website: <http://www.eatsmart.umd.edu>**