

# The Nutritious Nibble

Salisbury University Dietitian Newsletter

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## What Makes a Strawberry So Wonderful

We love their juicy sweetness. The anticipation of seasonal joy. We add decadent things to them like whipped cream and warm biscuits. They are delicious.

As it turns out strawberries do more than please our taste buds. Our bodies embrace their nutrient goodness from our bones to our brains.

**STRAWBERRY FESTIVAL AT THE COMMONS**  
**MONDAY—WEDNESDAY, MAY 22—24**  
*Fresh strawberries and desserts all day*

## Nutritional Breakdown

Strawberries are **high in vitamin C**, about **90 mg in one cup**. This is about **150% of the recommended daily amount**. Vitamin C is a powerful antioxidant important to our immune function and wound healing as well as supporting healthy tissue throughout our bodies.

Strawberries also provide **potassium** which is important to heart, muscle and nervous system function as well as **manganese** which helps with bone formation and metabolism.

## For the Health of It

The real power of strawberries comes from their phytonutrient content. Their red color comes from anthocyanidins. These are powerful phytonutrients that have been shown to protect our brains and hearts and may help to improve memory. All berries are good sources of anthocyanidins.

*“Fruit sometimes gets a bad rap for sugar content.”*

Fruit sometimes gets a bad rap for sugar content. Strawberries have about 12 grams of carbohydrate, 7 of which are from the sugars fructose and glucose (dextrose). This isn't too bad, for a fruit, but is made even better by strawberries fiber content, about 3 grams, making it a low glycemic load food. Glycemic load indicates a foods effect on blood sugar. Other berries also have a low glycemic load.

## Recipes

So enjoy seasonal berries. Just try to not drown them in sugar. Blend them in a smoothie with plain yogurt and a banana. Put some on your morning cereal and add them to your salad. Or try these strawberry recipes!

### Live Links to Recipes:

[Strawberry Salsa](#)

[Strawberry Spinach Salad with Poppy Seed Dressing](#)

[Strawberry Kale Salad](#)

**To Pick your own Berries, Visit:**

#### **Oakleys**

(strawberries)  
27466 Ocean Gateway  
Hebron, Md 410-860-8553

#### **The Garden of Eden**

(For blueberries and peaches later in June)  
25850 Pemberton Drive  
Salisbury, Md 410-546-0081

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