



Strawberries

“Savor the Sweetness of Strawberries!”



Nutrition Tips to Increase Strawberry Consumption

- For a sweet treat, dip fresh berries in vanilla yogurt or melted chocolate.
- Freeze whole strawberries, grapes, and bananas. Blend with just enough orange juice to make a frozen puree. Garnish with a mint leaf and serve. Refreshing!
- Top angel food cake with sliced berries and low-fat vanilla ice cream.
- Make a parfait with low-fat frozen yogurt and sliced strawberries. Alternate in a pretty glass and top with a strawberry.

Nutrition Food Activities for Children

- Next weekend, find a local farm that has strawberry picking for the public. Take your kids to “pick their own!” Can they tell the difference between farm fresh berries and store bought berries?
- For a fancy appetizer, have your children make fruits kebabs, alternating strawberries with other fresh fruits.
- Ask your children to help prepare the strawberries for freezing. They can wash the berries and remove the stems.
- When preparing meals, teach your children proper measuring techniques. Allow them to measure out all of the necessary ingredients.

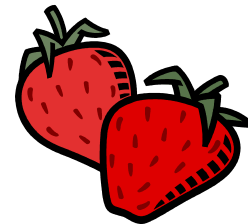
Strawberry Dream Pops Serves 8

Ingredients:

10 oz. strawberries
2 cups plain fat-free or low-fat yogurt

Directions:

1. Puree fruit and yogurt a blender container.
2. Divide pureed mixture between popsicle molds or paper cups; insert sticks.
3. Freeze for 3 hours or until firm.
4. Remove from freezer and enjoy!



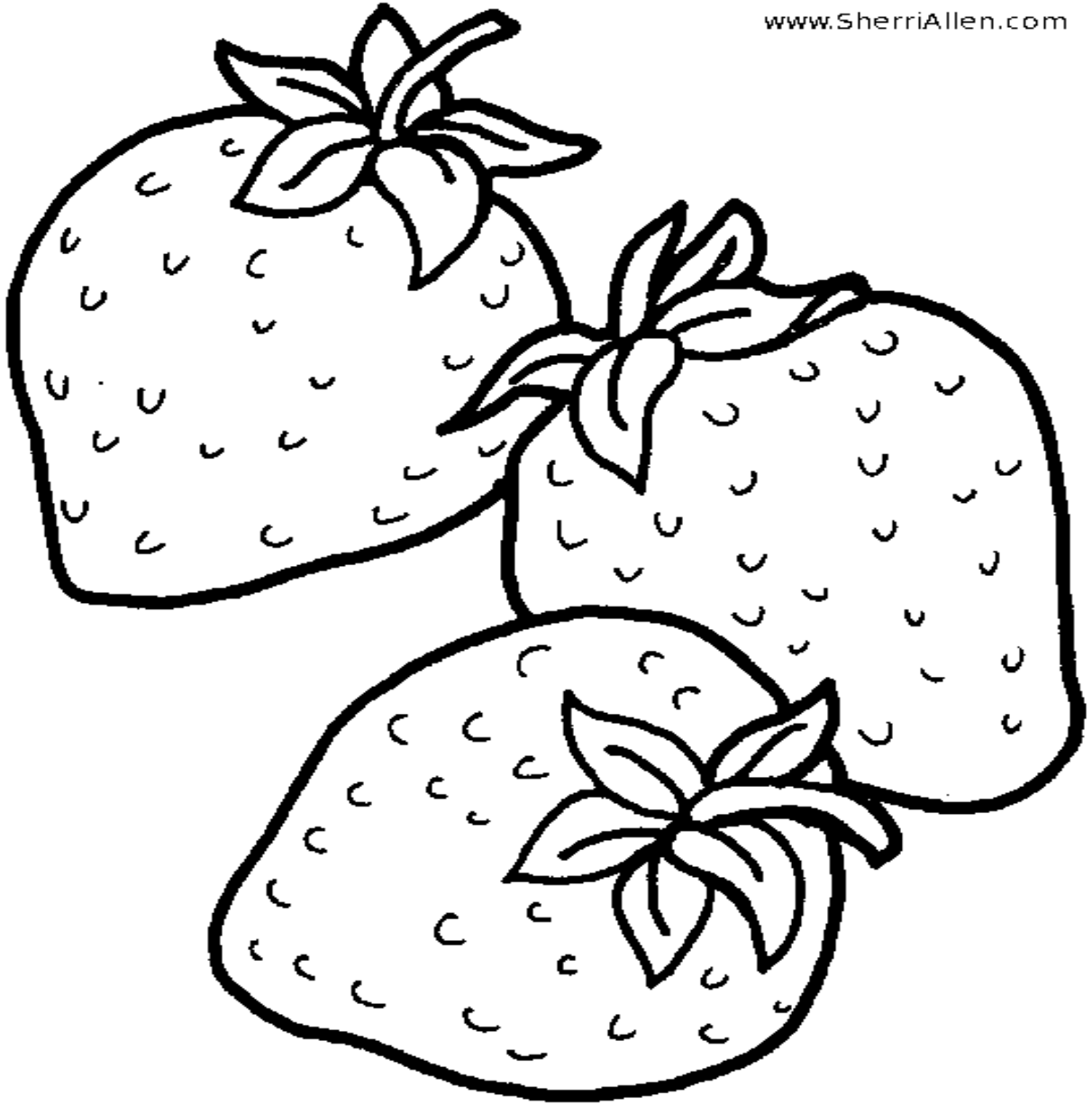
Variation: Place bits of fruit or whole berries in the mold before pouring strawberry mixture.

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>

Strawberries

www.SherriAllen.com



Eat More Fruits and Vegetables!

Foot Steps
to **Health**