**Berry Interesting… Strawberries**

Strawberries aren't even BERRIES! A true berry has its seeds on the inside. Strawberries are the ONLY fruit that wear their seeds on the outside. Strawberries are not only delicious but they are very low in calories, saturated fat, cholesterol, and sodium. They also contain potassium, magnesium, vitamin K and folate. Current research suggests that eating just 8 strawberries a day can improve heart health, lower blood pressure, reduce inflammation, reduce the risk of cancers and even improve cognitive function.

**Come join us in June** for our Beneficial Bites presentation and learn the history and more nutritional benefits of Strawberries.

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