



EAT YOUR RASPBERRIES

Plump, juicy raspberries are a perennial summer favorite. These delicate fruits receive rave reviews for their delicious sweet flavor and they are also nutritional powerhouses, as well.

Raspberries are rich in vitamins A, C, E and folic acid, iron and potassium. They are packed with fiber, some in the form of pectin, which has been linked with lowering cholesterol. These tasty treats are also relatively low in sugar, so they won't stimulate severe insulin swings if eaten in moderation.

In addition, raspberries are high in natural antioxidants including anthocyanins and phytochemicals such as beta-carotene and ellagic, coumaric and ferulic acids. These compounds help our bodies battle damaging free radicals; advancing heart health, reducing the risk of certain types of cancer, and boosting total body wellness.

The immediate reward for raspberry eaters is equally fulfilling as the long term health benefits. Raspberries add interest, lively color and flavor to both indulgent and healthy recipes. Enjoy them fresh, on ice cream, in a smoothie, or tossed into cereal, salads or yogurt.

Stock the freezer with bags of berries that have been rinsed and initially frozen spread out on a baking sheet, or make some jam or jelly.

When the days are short and the landscape is dull, it is always a pleasure to open a jar or the freezer to taste the sweetness of last summer. New York locally field grown raspberries are available from July into October. Look for them in all colors red, black, purple and golden.

Nutrition Facts	
Serving Size 1 cup (123g)	
Amount Per Serving	
Calories 64	Calories from Fat 7
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 8g	32%
Sugars 5g	
Protein 1g	
Vitamin A	1%
Vitamin C	54%
Calcium	3%
Iron	5%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	

