Produce of the Month

STRAWBERRIES

fun facts:

- The strawberry, a member of the rose family, is the only fruit with seeds on the outside.
- Strawberries are the first fruit to ripen in the spring.
- Americans eat an average of three-and-a-half pounds of fresh strawberries each per year. Eight strawberries will provide 140 percent of the recommended daily intake of Vitamin C for kids.
- Belgium has a museum dedicated to strawberries.
- California produces some 80% of the strawberries in the U.S. They grow about 2 billion pounds of the heart-shaped fruits per year. Every state in the U.S. and every province in Canada grows their own.

Nutrition Facts

Serving Size 1 cup strawberry halves (152g)
Servings Per Container 1

Amount Per Serving

Calories 50	Calories from Fat 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 1g	

Vitamin A 0% • Vitamin C 150%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

A better tomorrow **starts today**