

## Health Minute

How sweet it is...



Super Strawberries	Serving Suggestions
<p>Excellent source of vitamin C, vitamin K, and Manganese</p> <p>Very good source of dietary fiber</p> <p>Packed with heart-healthy flavonoids</p> <p>May lower risk for age-related macular degeneration</p> <p>Good source of B vitamins, potassium, magnesium, and copper.</p>	<p>Add sliced strawberries to your favorite salad.</p> <p>Layer with yogurt and other berries for a delicious dessert parfait.</p> <p>Use instead of syrup as a sweet pancake topping.</p> <p>Make a fruit smoothie using frozen berries and ice.</p> <p>Enjoy strawberries alone as a low-fat snack.</p>