



Strawberries

The garden strawberry is a widely grown hybrid species of the genus *Fragaria* (collectively known as the strawberries). It is cultivated worldwide for its fruit. Strawberries have higher levels of vitamin C, fiber, folate and potassium than most other fruits like bananas, apples and even oranges.

Apart from the obvious health benefits, a study by Dr. Gene Spiller, Nutrition and Health Research Center, has shown that eating one serving (about 8-10 strawberries) a day can significantly decrease blood pressure, which may reduce the risk of heart disease.

Other studies showed additional nutrition benefits: Strawberries are found to reduce risk of cancer, enhance memory function and rheumatoid arthritis.

Some of the amazing discoveries The California Strawberry Commission has researched are:

- Strawberries can slow down age-related loss of memory
- Cancer prevention
- Reduction of blood pressure, cholesterol levels and inflammatory markers to prevent heart disease are recommended during pregnancy to help prevent birth defects
- the antioxidants phytonutrients help you to maintain your health and look younger.

Even though they're so sweet, strawberries are naturally low in sugar. This makes them a perfect snack or dessert.