



THE SCOOP ON STRAWBERRIES:

STRAWBERRIES ARE FULL OF:

ANTIOXIDANTS

Antioxidants protect our cells from free radicals. Free radicals can damage our cells and cause harm to our health.

VITAMIN C

Vitamin C is necessary for tissue growth and development. Vitamin C also plays an important role in a healthy immune system.

POTASSIUM

Potassium is an important mineral for overall bodily function. Potassium aids in muscle contraction and nerve signaling.

FIBER

Fiber helps our stomach and digestive tract. Fiber also assists in keeping blood sugar levels stable.