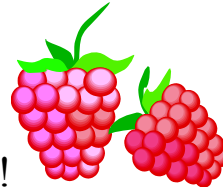


is for Raspberries!



*Presented by the Dietitians at Froedtert & Community Memorial Hospitals  
Tracey Brand, RD*

Raspberries are small, juicy, and low in calories (only 50 calories per cup so go ahead & overindulge!). The chief nutrients found in raspberries are vitamin C and potassium, with fiber in relatively good supply too. These are the most expensive and most fragile berries, and their supply is extremely limited. Raspberries have a delicate structure with a hollow core, so that they have to be handled gently and eaten as soon as possible – once they reach the market they have a shelf life of a day or two. The bulk of the fruit comes from California and is available from June through October. Chilean imports may be available at other times of the year.

Raspberries are among the most perishable of fruits – they can turn soft, mushy, & moldy within 24 hours. They should be eaten within one day of purchase. Fortunately they freeze beautifully allowing you to enjoy them year round. Wash and drain them thoroughly, then spread them out in a single layer on a cookie sheet. Place berries in the freezer until they are solidly frozen, and then transfer them to a heavy plastic bag. They'll keep for ten months to a year.

Raspberries are also very rich in those cancer fighting antioxidants! Try to add raspberries into your diet for variety, a change of color & flavor, and as one more serving of fruit. They are excellent for mixing with yogurt, low fat ice cream, or even topping for a salad. Throw them in your next fruit salad or smoothie. They also work great in batters for pancakes, waffles, muffins & quick breads. Enjoy!

# Nutrition Facts

Serving Size : 1 cup (125g)

Amount Per Serving	
<b>Calories 50</b>	
Calories from Fat	
% Daily Value*	
<b>Total Fat</b> 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 8g	
Sugars 9g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 40%
Calcium 2%	Iron 2%

