



# BERRIES

BLACKBERRIES

## BERRY GOOD FOR YOU!

Most people want to eat foods that catch their attention and look fun to eat. Berries fit the bill with their lively colors and unique shapes! Berries include the ever-popular strawberries, blueberries, and raspberries, but some others you may know are blackberries, cranberries, and boysenberries. These bright and colorful fruits are perfect for someone who wants to eat a healthy snack but has a craving for sweets!

Berries are packed with important vitamins and nutrients, such as vitamin C, antioxidants, and fiber. These are all helpful in keeping your body healthy. Some of those nutrients have been shown to help build your immune system so you can fight off illnesses, control blood sugar for people with diabetes, and protect against many forms of cancer.

You should try to eat at least a ½ cup of berries each day whether in fresh, frozen, dried, or 100% juice forms. Fresh fruit is delicious by itself or in yogurt parfaits but be sure to wash it first to make sure it's safe to eat. Dried fruit is a sweet addition to a salty trail mix or savory salad, and frozen fruit is great for making smoothies or is a cheaper option when berries aren't in season. Make a rainbow of choices when eating berries to keep your taste buds guessing and to reap the health benefits from the different varieties.



## BERRY PEACH SMOOTHIE

Serves 4

- 2 cups vanilla yogurt
- 3-3/4 cups canned peaches
- 2-1/2 cups frozen berries (your favorite)

RASPBERRIES

Place yogurt, drained peaches, and strawberries in blender (in that order) and cover with lid. Start blender and slowly increase speed. Blend until smooth, about 45 seconds.

Nutrition per 1-1/2 cup serving: 220 calories, 85 mg sodium, 5 mg cholesterol, 49 g carbohydrate, 7 g protein, 5 g fiber

BLUEBERRIES

CRANBERRIES



STRAWBERRIES





# #LOL: WHAT DO YOU CALL A SAD BERRY? A BLUEBERRY.!



BLACKBERRIES

## FUN FACTS:

Early American colonists made grey paint by boiling blueberries in milk.

On average, there are 200 tiny seeds in a single strawberry!

Cranberries are sometimes called *bounce berries* because they bounce when ripe.

Cultivation of raspberries began in England and France during the 1600s.

## FAMILY MEAL TIME

Not only is it great to work out together, but eating together is a fun and important thing to do as a family to build relationships and encourage healthy habits. Assign different tasks to family members so that everyone is included in preparing dinner or setting the table. Young ones especially can feel like they played an important role at dinner time by helping with washing fruits and vegetables and or measuring. Turn off the televisions and put cell phones away so that you can discuss how everyone's day is and have better interaction and conversation. Think of a new question each night for dinner such as "If you could travel anywhere, where would you go?" or "What was your favorite part about today?" Sharing these experiences over dinner is good for bonding, and eating together can encourage young children to try new foods!

## GET MOVING!

Physical activity is important for our bodies and overall health. Working out with at least one other person can motivate you to exercise more often and is more fun than working out alone. Working out as a family is a great way to stay in shape and build a better bond between each other. Try incorporating physical activity into every day tasks or as part of family celebrations.

**SIMPLY  
GOOD**

CRANBERRIES

STRAWBERRIES

BLUEBERRIES

RASPBERRIES

