



# STRAWBERRIES AND BLUEBERRIES



## Nutrition:

- **Strawberries have the most Vitamin C of all the berries and more than most citrus fruits. Vitamin C can help protect against getting cancer and heart disease.**
- **Blueberries are filled with antioxidants, which help protect your body from cancer, heart disease, and premature aging.**

## Did You Know?:

- **The Native Americans were the first to incorporate berries into their diets.**
- **Strawberries are grown in every state in the United States! Michigan and New Jersey produce 2/3 of all blueberries in the United States.**
- **Blueberries were once called “star berries” because of the star shaped crown on the berry.**
- **Early American Colonist made grey paint by boiling blueberries in milk.**

## More:

- **Pick berries that are firm and dry. Blueberries should have a white sheen called a “bloom.”**
- **Keep berries in the fridge until you eat them. Wash them right before you eat otherwise they might get moldy.**
- **Berries can be eaten raw as a snack, added to salads, put on top of waffles and pancakes, or sprinkled on top of cereal. Berries are a great sweet treat instead of candy.**