



B E R R Y F A C T S

Strawberry

Strawberry crops are grown across the United States and while California produces 80% of the strawberry crop the nation's other top producers of strawberries include:

- Florida – Producing a winter crop of strawberries
- North Carolina – A large direct market producer of strawberries
- Oregon – Well known for high quality processing strawberries

The North American Strawberry Growers Association (NASGA) serves strawberry growers across the U.S.

Health Benefits

- Less than 50 calories (7grams of sugar).
- An excellent source of Vitamin C, providing 140% of the Daily Value for vitamin C.
- Antioxidant content is 3.584 mm/serving, making them one of the richest sources of antioxidants
- Nearly 3 grams of fiber, making it a good source of fiber. Soluble fiber helps lower blood cholesterol.
- Source for folate, which helps prevent birth defects and may promote heart health.
- Source for potassium, which helps to regulate blood pressure.



Nutrition Information

1 cup (147 gram)
serving)

Calories	47 cal
Protein	.98 g
Fat	.44g
CHO	11.29
Fiber	2.9g
Vitamin C	86.4mg
Folate	35 g
Potassium	225 mg

(USDA National Nutrient Database for Standard Reference, Release 19 (2006))



For more information visit www.calstrawberry.com

For further information visit

www.flastrawberry.com

www.oregon-strawberries.org

www.nasga.org

www.ncstrawberry.org