

Insider Look

Oral Health

- Oral health is important because it impacts ones overall and heart health.
- Poor oral health can be a predictor of heart disease; the plaque and bacteria present can lead to a build-up of cholesterol in our artery walls.
- Brushing at least twice a day and flossing is recommended.
- It is also important to include iron (commonly found in spinach) in our everyday diets; it is shown to strengthen our gums.
- Berries are naturally sweet, making them a great alternative for your go-to sugary snack.
- Choose water! Water washes away residue in your mouth that bacteria feed off of, such as sugar from a soda or juice.

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Tips

Very Berry

In season:

Berry seasons range from May to October. Visit seasonalandsimple.info to search your favorite berries to find when they are in season.

Storing :

- Only rinse berries right before you use them.
- Water increases the likelihood they'll start to mold.
- After washing berries, let them rest in a colander in the refrigerator or another vessel that has some air circulation.
- This will help them dry out more than if just placed in a bowl.
- Use berries within 4-5 days.
- Freeze berries while they are in season and use them later in the year!

Benefits:

- One cup of strawberries has about 50 calories, 3 grams of fiber and more vitamin C than a medium orange. They're also an excellent source of fiber, folate and potassium.
- One cup of blueberries has about 80 calories and close to 4 grams of fiber. Blueberries are a rich source of vitamin C, vitamin K and manganese.
- One cup of raspberries has about 70 calories and is an excellent source of vitamin C. They are also a good source of fiber.



Berries



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On the Go-Gurt

Yield: 6 servings
Serving size: 1 stick

Ingredients:

- 1 cup strawberries
- 1 cup banana
- 1 cup Greek nonfat vanilla yogurt
- 1 Tbsp unflavored gelatin

Supplies:

Funnel
Ziploc popsicle bags

Instructions:

1. In a blender or food processor, blend the strawberries, banana, yogurt and gelatin.
2. Use a small funnel to pour the yogurt mixture into the popsicle bags, seal and store.
3. Keep in the fridge or freeze until ready to eat.

Nutrition Facts

| | | | |
|--|----------------------------|------------------------|-----------|
| Serving Size (93g) | | Servings Per Container | |
| Amount Per Serving | | | |
| Calories 70 | Calories from Fat 0 | | |
| | | % Daily Value* | |
| Total Fat 0g | | | 0% |
| Saturated Fat 0g | | | 0% |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | | 0% |
| Sodium 20mg | | | 1% |
| Total Carbohydrate 13g | | | 4% |
| Dietary Fiber 1g | | | 4% |
| Sugars 9g | | | |
| Protein 5g | | | |
| Vitamin A 0% | | Vitamin C 50% | |
| Calcium 10% | | Iron 2% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| | Fat 9 | Carbohydrate 4 | Protein 4 |

Frozen Firecrackers

Ingredients:

- 1/2 cup blackberries
- 1/2 cup strawberries
- 1/2 cup raspberries
- 1/2 cup blueberries

Instructions:

1. Clean the berries.
2. Mix the berries.
3. In 2 ice-cube trays, fill the ice squares half way with the berry mixture.
4. Pour water into ice tray until the squares are filled.
5. Place ice cube tray in the freezer and let sit until completely frozen.
6. Pop the ice cubes out and into a glass of water.
7. Drink and enjoy!



Instructions

Unscramble the words below for different berry names!

uelbbrye _____

sapbrrry _____

anturcr _____

uchbelrkery _____

igbelonrry _____

ryrbakcbl _____

ecrrbnray _____

ysrwtrrryb _____



Answers: blueberry, raspberry, currant, huckleberry, Ingonberry, blackberry, cranberry, strawberry

Berries make a great alternative to sugary snacks!



For more easy, delicious recipes, visit:

cookinglight.com | chopchopmag.org | seasonalandsimple.info