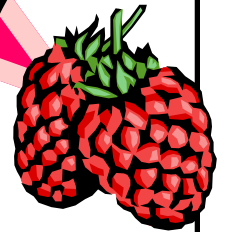


Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is... Raspberry

You can find POW! info sheets on the EHHD website!
www.ehhd.org
Look on the left menu bar for Produce Of the Week



What fruit is a member of the rose family?

RASPBERRIES!

- ⇒ Select fruit that is firm, dry, and plump
- ⇒ Avoid fruit that is moldy or soft
- ⇒ Avoid fruit that has insect damage or brown spots
- ⇒ Fresh berries must be kept refrigerated to avoid mold and spoilage
- ⇒ Berries can be kept for up to two days in the refrigerator
- ⇒ Wash berries just before eating or using in a recipe

Nutrition Facts

- ◆ **One cup is one serving**
- ◆ **One serving contains about 50 calories**
- ◆ **Raspberries are an excellent source of vitamin C and fiber**

Did you know ??

Raspberries rank in the top 10 antioxidant-high fruits and vegetables. (Antioxidants are believed to help prevent and repair damaged cells)

Raspberries come in many colors besides red: look for black, gold, & purple berries!

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

4 S Eagleville Rd ♦ Mansfield CT 06268
860.429.3325 www.ehhd.org

Try these delicious, nutritious and healthy recipes!

Berry Smoothie

4 Servings

INGREDIENTS

1 1/2 cups apple juice	1 1/2 cups orange juice
1/3 cup skim milk	1 tablespoon honey
5 strawberries	1 cup raspberries
1/2 cup blueberries	6 cubes ice

DIRECTIONS

Place the apple juice, orange juice, milk, honey, strawberries, raspberries, blueberries, and ice cubes in a blender. Blend until slushy. Serve cold.

Simple ways to enjoy Raspberries:

- ~ Top a salad with a handful of fresh berries ~ Toss some fresh berries on yogurt or cold cereal ~
- ~ Wash and eat them one-by-one! ~

Raspberry Salsa

INGREDIENTS

2 cups fresh raspberries	1/4 cup chopped sweet onion
3 teaspoons finely chopped jalapeno peppers	1 clove minced garlic
1/4 cup chopped fresh cilantro	1/2 teaspoon white sugar
3 tablespoons fresh lime juice	

DIRECTIONS

In a medium bowl, mix together raspberries, sweet onion, jalapeno peppers, garlic, cilantro, white sugar and lime juice. Cover and chill in the refrigerator at least 1 hour before serving.

Recipes modified from morematters.org & allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!