

FRUIT SCOOPS

Most Romantic Fruit Good For The Heart

(NAPSA)—Learning more about delicious strawberries may be a “berry” healthy idea.

That’s because this delicious fruit contains dietary fiber, vitamin C, potassium, anthocyanins—powerful antioxidants that give strawberries their red color—and folate, a B vitamin.

Strawberries are a highly nutritious fruit that may be good for the heart because consuming them may increase folate levels. According to recent research, folate may reduce levels of homocysteine, a naturally occurring compound that in high amounts can be detrimental to heart health.

Also, by reducing inflammation, strawberries may have an added benefit for the heart. Researchers found that eating as few as eight to nine strawberries each day for four weeks may reduce artery-damaging inflammation.

The California Strawberry Commission recently conducted a survey of Americans to uncover their feelings about this highly nutritious, delicious and popular fruit.

- Ninety-four percent of all American households eat strawberries.

- Two-thirds of Americans consider strawberries the most romantic fruit.

- Forty-three percent of Americans prefer strawberries with no accompaniment, 21 percent like to eat them in dessert and 13 per-



Any way you slice them, eating strawberries may help protect your heart.

cent eat them sliced in their favorite cereal.

- Nine percent like to dip their strawberries in chocolate, while the most sophisticated strawberry lovers prefer to mix them in smoothies or eat them with champagne.

The survey findings mark the launch of the commission’s “Red Edge” campaign to educate consumers about the nutritional, health and lifestyle benefits of eating strawberries.

California is the largest producer of domestically grown strawberries, supplying 83 percent of the strawberries grown in the U.S. On average, over 26,000 acres in the state produce more than one billion pounds of strawberries. For more information, visit www.calstrawberry.com.