

# Eating Local and Seasonal: Strawberries

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AT GEORGINA NURSE PRACTITIONER LED CLINIC

**Strawberry season is here and pretty soon our grocery stores will once again be stocked with delicious, Ontario- grown, field strawberries. Strawberries are a common favourite for people of all ages, but did you know that they are one of most nutrient-packed fruits out there? Here are four reasons why strawberries are great to include regularly in your diet!**

## Healthy Blood Sugars

Strawberries are an excellent choice of fruit for people who are trying to manage their blood sugars. Compared to other fruits, all berries in general are lower in sugar. For comparison, half a banana has the same amount of sugar as 21 strawberries. That's a lot more fruit you can eat for the same amount of sugar! In addition, berries also have a high fibre content which further helps to prevent blood sugar spikes after eating.

## Healthy Mind and Brain

Berries, specifically strawberries and blueberries, have been found to be associated with slower decline in brain function. Based partly on this research, the MIND diet was developed to support good moods and lower risk of Alzheimer's disease. Amongst other recommendations, the MIND diet suggests to eat one cup or more of berries per week to support a healthy mind and brain.

## Vitamin C

Many people are aware that vitamin C is important for our immune system. Although oranges are often the first foods we think of with high vitamin C levels, did you know that strawberries are an excellent source of this vitamin as well? One orange provides about 70 mg of Vitamin C, whereas just 14 strawberries provides almost 100 mg of this same nutrient!

## Antioxidants and Plant Compounds

You may have heard the saying - "the more colourful the fruit or vegetable, the more nutritious is it." There is certainly some truth to this. Anthocyanins are the plant compounds that are responsible for the bright colour in strawberries. One scientific study suggests that a higher intake of anthocyanins from strawberries and blueberries may be related to better heart health.



## *Asparagus Salad with Strawberries and Goat Cheese*

2 SERVINGS

### **Nutrition Information (per serving):**

250 Calories, Fat 18g (24% DV), Saturated Fat 8g (40% DV),  
Protein 14g, Carbohydrate 13g, Fibre 6g (21% DV),  
Sodium 231mg (10% DV)

### **Ingredients:**

1lb Fresh asparagus  
1/2 cup Sliced fresh strawberries  
1/2 cup Thinly sliced radishes  
1 tbsp Chives, diced  
pinch Salt  
pinch Freshly ground black pepper  
1 tbsp Extra virgin olive oil  
2oz Fresh goat cheese, crumbled

Recipe adapted from British Columbia  
Strawberry Growers Association

### **Directions:**

1. Trim ends of asparagus and wash well. Grill until cooked and set aside to cool. (Alternatively, boil the asparagus for about 2 minutes until just tender, then drain and place in an ice water bath. Drain and transfer to a plate.)
2. Once asparagus has cooled, arrange strawberries, radishes, and chives over top.
3. Season with salt and freshly ground black pepper. Drizzle with olive oil.
4. Finally, sprinkle goat cheese on top and serve.