



Spring into Nutrition 2014

Your Sioux Falls VA Dietitians are here to help you. If you'd like to see a VA Dietitian please call 605-336-3230 Ext.6299

Best of the Season's Produce

For many, after this past winter, spring is a very welcome sight! With spring comes more variety of fruits and vegetables available in the grocery stores. This newsletter is dedicated to some spring produce and their health benefits.



Strawberries:

Strawberries are low in calories, high in fiber and is also a great source of vitamin C. When shopping for strawberries, look for strawberries that are firm, plump and full colored. For the best flavor, wash them immediately before use and serving at room temperature. Strawberries make an excellent sweet treat for dessert and also are a great addition to a garden salad.

Cherries: Cherries peak in late spring and early summer. Select plump and bright-colored fruit.

Sweet cherries with reddish-brown skin will be flavorful.

Avoid cherries that are overly soft, shriveled

or have dark stems. Cherries are rich in potassium, vitamin C, vitamin A and fiber.



Asparagus: Asparagus is a good source of

iron, B vitamins and vitamin C. Toss with a little olive oil and garlic then roast in the

oven or cook on the grill in a grill basket until just tender. Choose bright green asparagus with firm, spears and tightly closed tips.



Source: Academy of Nutrition & Dietetics