

Health benefits of strawberries

- Strawberry is low in calories and fats but rich source of health promoting nutrients, minerals, and vitamins that are essential for optimum health.
- Strawberries have significantly high amounts of flavonoid
- Strawberry has an oxygen radical absorbance capacity, a measure of anti-oxidant strength.
- Fresh berries are an excellent source of **vitamin-C**
- The fruit is rich in B-complex group of vitamins. It contains very good amounts of vitamin B-6, niacin, riboflavin.
- Strawberries contain vitamin-A, vitamin-E and health promoting flavonoid.
- They contain good amount of minerals like potassium, manganese, fluorine, copper, iron and iodine.

Principle	Nutrient Value	Percentage of RDA
Energy	32 Kcal	1.5%
Carbohydrates	7.7 g	6%
Protein	0.67 g	0.1%
Total Fat	0.30 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	2.0 g	5%
Vitamin A	12 IU	0.5%
Vitamin C	58.8 mg	98%
Vitamin E	0.29 mg	2%
Vitamin K	2.2 µg	2%
Calcium	16 mg	1.6%
Iron	0.41 mg	5%
Magnesium	13 mg	3%
Manganese	0.386 mg	17%
Zinc	0.14 mg	1%