



# Strawberries, Unsweetened, Frozen

MyPlate Food Group: **Fruit**



### Nutrition Information

- 1 cup of frozen strawberries counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Frozen strawberries are naturally low in fat, sodium, and calories. Frozen strawberries do not have cholesterol.
- Frozen strawberries have vitamin C. Vitamin C helps your body maintain healthy skin and gums.
- For specific information about frozen strawberries, please refer to the product’s Nutrition Facts Panel or ingredient list.

### Uses and Tips

- Frozen fruit can be used as a natural sweetener in baked items such as breads and muffins.
- Defrost frozen strawberries and serve them as a side dish at any meal.
- Add frozen strawberries to smoothies or fruit salads to add more variety.
- Frozen strawberries are individually-quick frozen, which means, you can open the package, take as much or as little as needed, close the bag and put the rest back in the freezer.
- Frozen fruit may be stuck together when removed from the freezer. Use your hands to break the frozen fruit apart before taking out the amount needed.
- Frozen fruit can be thawed in the refrigerator or during baking/cooking.

### Storing Foods at Home

- Store unopened frozen fruit in the freezer.
- For best quality, store unused portion (after opening) in a sealed air-tight container or freezer safe bag in the freezer to keep out moisture and reduce freezer burn.

## MyPlate Facts

- Fiber from fruit helps keep your heart healthy and helps to reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may help prevent some cancers.
- Any fruit counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried!
- Fresh, canned, dried, and frozen fruit contain nutrients that are important to your health.



## USDA Foods

### **Strawberry Pepper Salsa**

*Makes 6 servings*

#### **Ingredients:**

2 cups frozen strawberries, thawed and chopped  
½ red onion, thinly sliced  
1 jalapeno pepper, diced (optional)  
½ red bell pepper, chopped  
½ green bell pepper, chopped  
½ orange bell pepper, chopped  
2 tablespoons lemon juice  
1 tablespoon vegetable oil  
½ teaspoon salt and pepper (optional)  
1 teaspoon fresh cilantro (optional)

**Directions:** Wash hands with soap and water.

1. Combine all ingredients in a bowl and mix well.
2. Refrigerate for at least one hour before serving.

*Recipe adapted from Husky Nutrition at UConn Health*

### **Fruit and Yogurt Parfait**

*Makes 1 serving*

#### **Ingredients:**

1 cup low-fat or nonfat vanilla yogurt  
¼ cup frozen strawberries, thawed and chopped  
¼ cup granola or cereal

**Directions:** Wash hands with soap and water.

1. Put a large spoonful of yogurt in the bottom of a large clear glass.
2. Put half of the fruit on top of the yogurt and add another spoonful of yogurt.
3. Add half of the granola or cereal and then add a spoonful of yogurt.
4. Add the other half of the fruit, remaining yogurt, and rest of granola or cereal.

*Recipe adapted from University of Maine Cooperative Extension*