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Week 3 Feb. 15-19

## *Fruits & Vegetables Make a Difference*

### *DID YOU KNOW?*

**Strawberries not only look like a fruity heart-shaped valentine, they are filled with nutrients that love to keep your heart healthy.**

- Strawberries contain phenol (a natural substance) that makes them a heart-protective fruit and an anti-cancer fruit all rolled into one.
- Make a tasty parfait by layering sliced strawberries, bananas, yogurt and granola.
- Create a colorful and healthy breakfast shake by blending together yogurt, orange juice and frozen strawberries.

Source: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=32>

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