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NUTRITION AND YOU...CRANBERRIES

FOOD FOR THOUGHT

When people hear the word “cranberry,” they often associate it with cranberry sauce, but whole cranberries can also be used to accompany many types of meals. Cranberries are usually too tart to be eaten raw; cooking them will give the cranberries a sweeter flavor, which can be used for toppings, sauces, or baked goods. Cranberries sometimes go by the name “bounce berries” because good quality, ripe cranberries may bounce.

SHOP SMART

You can buy cranberries fresh, frozen, dried, or canned in most stores. Fresh cranberries are in season from September to December. When buying fresh, look for cranberries that are plump, dry, firm, and uniformly colored a deep red. Do not buy fresh cranberries that are shriveled or crushed. Dried cranberries usually have added sugar, which gives them a sweeter taste and more calories.

EAT HEALTHY

Cranberries are:

- A good source of Vitamin C
- High in fiber
- Low in fat
- Sodium free
- Low in calories



Note: 1 cup of fresh or cooked cranberries provides 1 cup of your daily fruit requirement; ½ cup of dried cranberries provides 1 cup of your daily requirement.

KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Wash fresh or frozen cranberries under cool running water before eating or cooking them.
- Fresh cranberries will keep for up to one month in the refrigerator and up to six months in the freezer.
- Store dried cranberries in an airtight container at room temperature for up to three months.

Your Local Story here:

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

RECIPE

Chicken and Cranberry Salad

Ingredients:

12 oz. (1 ½ cups) cooked and diced chicken
½ cup vinaigrette dressing
1 cup dried cranberries
2 Tbsp. sliced almonds
1 head of washed, dried, and chopped lettuce

Instructions:

1. Toss chicken, cranberries, and almonds with dressing.
2. Serve on a mound of chopped lettuce.

Nutrition Facts – Chicken and Cranberry Salad

Cost: Per Recipe: \$ 6.57 Per Serving: \$ 1.64

Serving Size: 1/4 of recipe

Calories: 290 Calories from Fat: 45

Per Serving	% Daily Value*
Total Fat – 5 g	8%
Saturated Fat – 1 g	5%
Dietary Fiber – 4 g	16%
Sodium – 80 mg	3%
Sugars – 27 g	
Protein – 28 g	

*Percent daily value
Based on a 2,000
calorie diet. Your
daily values may
be higher or lower
depending on your
caloric needs.

FOCUS ON FITNESS

Give gifts that encourage physical activity-active games or sporting equipment.

REMEMBER:

Keep a bowl of whole fresh fruit on the table, the counter, or in the refrigerator.



REFERENCES

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choosemyplate.gov/
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fruitsandveggiesmatter.gov/health_professionals/food_safety.html
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