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Strawberry | Description , Nutrient Composition , Health Benefits and Facts

<h1 style="text-align: center;">&nbsp;</h1>

<div><span style="font-family: roboto;"></span></div>

<h2><span style="font-family: roboto;"><strong>Strawberry Description</strong></span></h2>

<h2 style="text-align: center;"><span style="font-family: roboto;"><strong> </strong></span></h2>

<div style="text-align: left; line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;">Botanical Name :&nbsp;<em style="-webkit-font-smoothing: antialiased; box-sizing: inherit; color: #231f20;">Fragaria ananassa</em></span></div>

<div style="text-align: left; line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;">The continent of origin: Europe in the 18th century.</span></div>

<div style="text-align: left; line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;"><span style="color: #1a1a1a; background-color: #ffffff;">Strawberries are native to the temperate regions of the Northern Hemisphere, they </span><span style="color: #1a1a1a; background-color: #ffffff;">are low-growing herbaceous plants with a fibrous&nbsp;</span><a class="md-crosslink" style="box-sizing: border-box; color: #14599d; text-decoration-line: none; background-color: #ffffff;" href="https://www.britannica.com/science/root-plant">root system</a><span style="color: #1a1a1a; background-color: #ffffff;"> and a crown from which arise basal leaves.</span></span></div>

<div style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;"><span style="color: #1a1a1a; background-color: #ffffff;">&nbsp;</span></span></div>

<div style="text-align: left; line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;"><span style="color: #1a1a1a; background-color: #ffffff;">&nbsp;</span></span></div>

<div style="text-align: left; line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;"><span style="color: #1a1a1a; background-color: #ffffff;">According to Happydiyhome, t</span><span style="color: #1a1a1a; background-color: #ffffff;">he&nbsp;</span><a class="md-crosslink" style="box-sizing: border-box; color: #14599d; text-decoration-line: none; background-color: #ffffff;" href="https://happydiyhome.com/parts-of-a-flower/">flowers are </a><span style="color: #1a1a1a; background-color: #ffffff;">generally white, rarely reddish, and are borne in small clusters on slender stalks arising, like the surface-creeping stems, from the axils of the leaves.&nbsp;</span></span></div>

<div style="text-align: left; line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;"><span style="color: #1a1a1a; background-color: #ffffff;">&nbsp;</span></span></div>

<div style="text-align: left; line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;"><span style="color: #1a1a1a; background-color: #ffffff;">As a&nbsp;</span><a class="md-crosslink autoxref" style="box-sizing: border-box; color: #14599d; text-decoration-line: none; background-color: #ffffff;" href="https://www.britannica.com/plant/plant">plant</a><span style="color: #1a1a1a; background-color: #ffffff;">&nbsp;</span>ages, the root system becomes woody, and the &ldquo;mother&rdquo; crown sends out runners (e.g.,&nbsp;</span><a class="md-crosslink" style="box-sizing: border-box; color: #14599d; text-decoration-line: none; background-color: #ffffff;" href="https://www.britannica.com/science/stolon-biology">stolons</a><span style="color: #1a1a1a; background-color: #ffffff;">)</span> that touch ground and root, thus enlarging the

plant vegetatively.

The flesh consists of the greatly enlarged flower receptacle and is embedded with the many true fruits, or achenes, which are popularly called seeds.

## **Nutrition Facts of Strawberry**

Strawberries mainly consist of water (91%) and carbohydrates (7.7%). They contain only minor amounts of fat (0.3%) and protein (0.7%).

Strawberry is also rich in manganese, so that a serving of strawberries, and eight medium berries, corresponding to 144 g may provide more than 20% of the daily adequate intake for this mineral.

To a lesser extent, strawberries are a source of healthy, essential fatty acids because strawberry seed oil is rich in unsaturated fatty acids.

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Besides these nutritive compounds, strawberries contain a variety of non-nutritive components such as polyphenolic phytochemicals (flavonoids, phenolic acids, lignans, and tannins).

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<div style="text-align: left; line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;">The nutrients in 3.5 ounces (100 grams) of raw strawberries are:</span></div>

<div style="text-align: left;">

- <li><span style="font-family: roboto; font-size: 14pt;"><span style="color: #231f20; text-align: center; -webkit-font-smoothing: antialiased; box-sizing: inherit; font-weight: bolder;">Calories:&nbsp;</span><span style="color: #231f20; text-align: center;">32 kcal</span></span></li>
- <li><span style="font-family: roboto; font-size: 14pt;"><span style="color: #231f20; text-align: center; -webkit-font-smoothing: antialiased; box-sizing: inherit; font-weight: bolder;">Water:&nbsp;</span><span style="color: #231f20; text-align: center;">91%</span></span></li>
- <li><span style="font-family: roboto; font-size: 14pt;"><span style="color: #231f20; text-align: center; -webkit-font-smoothing: antialiased; box-sizing: inherit; font-weight: bolder;">Protein:&nbsp;</span><span style="color: #231f20; text-align: center;">0.7 grams</span></span></li>
- <li><span style="font-family: roboto; font-size: 14pt;"><span style="color: #231f20; text-align: center; -webkit-font-smoothing: antialiased; box-sizing: inherit; font-weight: bolder;">Carbs:&nbsp;</span><span style="color: #231f20; text-align: center;">7.7 grams</span></span></li>
- <li><span style="font-family: roboto; font-size: 14pt;"><span style="color: #231f20; text-align: center; -webkit-font-smoothing: antialiased; box-sizing: inherit; font-weight: bolder;">Sugar:&nbsp;</span><span style="color: #231f20; text-align: center;">4.9 grams</span></span></li>
- <li><span style="font-family: roboto; font-size: 14pt;"><span style="color: #231f20; text-align: center; -webkit-font-smoothing: antialiased; box-sizing: inherit; font-weight: bolder;">Fiber:&nbsp;</span><span style="color: #231f20; text-align: center;">2 grams</span></span></li>
- <li><span style="font-family: roboto; font-size: 14pt;"><span style="color: #231f20; text-align: center; -webkit-font-smoothing: antialiased; box-sizing: inherit; font-weight: bolder;">Fat:&nbsp;</span><span style="color: #231f20; text-align: center;">0.3 grams</span></span></li>
- <li><span style="font-family: roboto; font-size: 14pt; color: #231f20; text-align: center;"><span style="font-weight: bolder;">Calcium</span></span><span style="color: #231f20; text-align: center;">: 12 mg</span></li>
- <li><span style="font-family: roboto; font-size: 14pt; color: #231f20; text-align: center;"><span style="font-weight: bolder;">Iron</span></span><span style="color: #231f20; text-align: center;">&nbsp;</span><span style="color: #231f20; text-align: center;">0.28 mg</span></li>
- <li><span style="font-family: roboto; font-size: 14pt; color: #231f20; text-align: center;"><span style="font-weight: bolder;">Magnesium</span></span><span style="color: #231f20; text-align: center;">&nbsp;</span><span style="color: #231f20; text-align: center;">11.8 mg</span></li>
- <li><span style="font-family: roboto; font-size: 14pt; color: #231f20; text-align: center;"><span style="font-weight: bolder;">Phosphorus</span></span><span style="color: #231f20; text-align: center;">&nbsp;</span><span style="color: #231f20; text-align: center;">20 mg</span></li>
- <li><span style="font-family: roboto; font-size: 14pt; color: #231f20; text-align: center;"><span style="font-weight: bolder;">Potassium</span></span><span style="color: #231f20; text-align: center;"></span><span style="color: #231f20; text-align: center;">: 89 mg</span></li>

- <li><span style="font-family: roboto; font-size: 14pt; color: #231f20; text-align: center;"><span style="font-weight: bolder;">Sodium:</span>&nbsp;10 mg</span></li>
- <li><span style="font-family: roboto; font-size: 14pt; color: #231f20; text-align: center;"><span style="font-weight: bolder;">Zinc:</span>&nbsp;0.18 mg</span></li>
- <li><span style="font-family: roboto; font-size: 14pt; color: #231f20; text-align: center;"><span style="font-weight: bolder;">Copper:</span>&nbsp;0.119 mg</span></li>
- <li><span style="font-family: roboto; font-size: 14pt; color: #231f20; text-align: center;"><span style="font-weight: bolder;">Manganese:</span>&nbsp;0.28 mg</span></li>
- <li><span style="font-family: roboto; font-size: 14pt; color: #231f20; text-align: center;"><span style="font-weight: bolder;">Selenium:</span>&nbsp;0.4 ug</span></li>
- <li><span style="font-family: roboto; font-size: 14pt; color: #231f20; text-align: center;"><span style="font-weight: bolder;">Vitamin C:</span>&nbsp;56 mg</span></li>
- <li><span style="font-family: roboto; font-size: 14pt; color: #231f20; text-align: center;"><span style="font-weight: bolder;">Thiamin:</span>&nbsp;0.025 mg</span></li>
- <li><span style="font-family: roboto; font-size: 14pt; color: #231f20; text-align: center;"><span style="font-weight: bolder;">Riboflavin:</span>&nbsp;0.016 mg</span></li>
- <li><span style="font-family: roboto; font-size: 14pt; color: #231f20; text-align: center;"><span style="font-weight: bolder;">Niacin:</span>&nbsp;0.386 mg</span></li>
- <li><span style="font-family: roboto; font-size: 14pt; color: #231f20; text-align: center;"><span style="font-weight: bolder;">Pantothenic acid:</span>&nbsp;0.122 mg</span></li>
- <li><span style="font-family: roboto; font-size: 14pt; color: #231f20; text-align: center;"><span style="font-weight: bolder;">Vitamin B-6:</span>&nbsp;0.035 mg</span></li>
- <li><span style="font-family: roboto; font-size: 14pt; color: #231f20; text-align: center;"><span style="font-weight: bolder;">Vitamin A:</span>&nbsp;1 ug</span></li>

## Strawberry: Vitamins and minerals

The most abundant vitamins and minerals in strawberries are:

- Vitamin C: Strawberries are an excellent source of vitamin C, an antioxidant necessary for immune and skin health.

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<li style="-webkit-font-smoothing: antialiased; box-sizing: inherit; line-height: 26px; margin-bottom: 15px;">

<div style="text-align: left;"><span style="font-size: 14pt; font-family: roboto;"><span style="-webkit-font-smoothing: antialiased; box-sizing: inherit; font-weight: bolder;">Manganese.</span>&nbsp;Frequently found in high amounts in whole grains,&nbsp;<a class="content-link css-5r4717" style="background-color: #ffffff; -webkit-font-smoothing: antialiased; box-sizing: inherit; cursor: pointer; text-decoration-line: none; border-color: currentcolor; color: #01adb9;" href="https://www.healthline.com/nutrition/legumes-good-or-bad">legumes</a>, fruits, and vegetables, this trace element is important for many processes in your body.</span></div>

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<li style="-webkit-font-smoothing: antialiased; box-sizing: inherit; line-height: 26px; margin-bottom: 15px;">

<div style="text-align: left;"><span style="font-size: 14pt; font-family: roboto;"><span style="-webkit-font-smoothing: antialiased; box-sizing: inherit; font-weight: bolder;">Folate (vitamin B9).</span> One of the B vitamins, folate is important for normal tissue growth and cell function &mdash; and fundamental for pregnant women and older adults.</span></div>  
<span class="css-1mdvjzu icon-hl-trusted-source-after" style="-webkit-font-smoothing: antialiased; box-sizing: inherit; cursor: pointer; text-decoration-line: none; border-color: currentcolor; color: #01adb9; font-size: 14pt; font-family: roboto;"><span class="sro" style="text-align: left; -webkit-font-smoothing: antialiased; box-sizing: inherit; position: absolute; left: -10000px; top: auto; width: 1px; height: 1px; overflow: hidden;"><a class="content-link css-5r4717" style="-webkit-font-smoothing: antialiased; box-sizing: inherit; cursor: pointer; text-decoration-line: none; border-color: currentcolor; color: #01adb9;" href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3218540/" target="\_blank" rel="noopener noreferrer">Trusted Source</a></span></span></li>

<li style="-webkit-font-smoothing: antialiased; box-sizing: inherit; line-height: 26px; margin-bottom: 15px;">

<div style="text-align: left;"><span style="font-size: 14pt; font-family: roboto;"><span style="-webkit-font-smoothing: antialiased; box-sizing: inherit; font-weight: bolder;">Potassium.</span> This mineral is involved in many essential body functions, such as regulating blood pressure&nbsp;</span></div>

<span style="font-size: 14pt; font-family: roboto;"><a class="content-link css-5r4717" style="-webkit-font-smoothing: antialiased; box-sizing: inherit; cursor: pointer; text-decoration-line: none; border-color: currentcolor; color: #01adb9;" href="https://www.ncbi.nlm.nih.gov/pubmed/15018247" target="\_blank" rel="noopener noreferrer"><span class="css-1mdvjzu icon-hl-trusted-source-after" style="-webkit-font-smoothing: antialiased; box-sizing: inherit; cursor: pointer;"><span class="sro" style="text-align: left; -webkit-font-smoothing: antialiased; box-sizing: inherit; position: absolute; left: -10000px; top: auto; width: 1px; height: 1px; overflow: hidden;">Trusted Source</span></span></a><a class="content-link css-5r4717" style="-webkit-font-smoothing: antialiased; box-sizing: inherit; cursor: pointer; text-decoration-line: none; border-color: currentcolor; color: #01adb9;"

[<span class="sro" style="text-align: left; -webkit-font-smoothing: antialiased; box-sizing: inherit; position: absolute; left: -10000px; top: auto; width: 1px; height: 1px; overflow: hidden;">Trusted Source</span></span></a></span></li></ul>](https://www.ncbi.nlm.nih.gov/pubmed/21371638)

<p style="line-height: 1.5;"><span style="font-family: roboto;"><span style="font-size: 14pt;">To a lesser extent, strawberries also provide iron, copper, magnesium, phosphorus, and vitamins B6, K, and E.</span> <span style="font-size: 18px;"><span style="font-size: 18px;"><br /></span></span></p>

## <span style="font-size: 18pt; font-family: roboto;"><span style="color: #231f20;">Antioxidant Capacity of Strawberries</span></span></h2>

<p style="line-height: 1.5;"><span style="font-size: 14pt; font-family: roboto;"><span style="color: #231f20;">The antioxidant power of every fruit is correlated to the presence of vitamin C and phenolic compounds like anthocyanins, ellagitannins, etc</span></span></p>

<p style="line-height: 1.5;"><span style="font-size: 14pt; font-family: roboto;"><span style="color: #231f20;">Several research have published the lists of total antioxidant capacity values of many foods.</span></span></p>

<p style="line-height: 1.5;"><span style="font-size: 14pt; font-family: roboto;"><span style="color: #231f20;">The result shows that berries are ranked among the top, 4 times greater than other fruits, 10 times greater than vegetables, and 40 times greater than cereals.</span></span></p>

<p style="line-height: 1.5;"><span style="font-size: 14pt; font-family: roboto;"><span style="color: #231f20;">Within the food groups, strawberries have greater antioxidant capacities than apples, peaches, pears, grapes, tomatoes, oranges, or kiwi fruits.</span></span></p>

<p style="line-height: 1.5;"><span style="font-size: 14pt; font-family: roboto;"><span style="color: #231f20;">Antioxidants help fight free radicals in the body. Free radicals make cells degenerate.</span></span></p>

<p style="line-height: 1.5;"><span style="font-size: 14pt; font-family: roboto;"><span style="color: #231f20;">Taking strawberries could help fight free radicals thanks to their great anti-oxidant content.</span></span></p>

## <span style="font-size: 18pt; font-family: roboto;"><span style="color: #231f20;">Phytochemicals in Strawberries</span></span></h2>

<p style="line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;"><strong><span style="color: #231f20;">Anthocyanins</span></strong></span></p>

<p style="line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;"><span style="color: #231f20;">More than 25 different anthocyanin pigments have been described in strawberries of different varieties. </span><span style="color: #231f20;">Anthocyanin is responsible for the bright color of the fruit.</span></span></p>

<p style="line-height: 1.5;"><span style="font-size: 14pt; font-family: roboto;"><span style="color: #231f20;">Anthocyanin is an anti-oxidant that helps fight free radicals in the body and slow down aging. It also offers anti-inflammatory effects and anti-cancer effects.</span></span></p>

<p style="line-height: 1.5;"><span style="font-family: roboto; font-size: 14pt;"><strong><span

style="color: #231f20;"/>Ellagitannins</span></strong></span></p>

<p style="line-height: 1.5;"/>Ellagitannins are different combinations of gallic acid and hexahydroxydiphenic acid with glucose.</span></span></p>

<p style="line-height: 1.5;"/>They are powerful antioxidants, In a study in Finland, ellagitannis compounds were detected only in berries from the Rosacea family which strawberry is included.</span></span></p>

<p style="line-height: 1.5;"/>Sanguin H-6 is the major ellagitannin in strawberries. Ellagitannins have been reported to have anti-inflammatory and cardioprotective properties.</span></span></p>

<h2><span style="font-family: roboto;"/>

<p><span style="font-size: 14pt; font-family: roboto;"/>Strawberries are loaded with&nbsp;antioxidants&nbsp;and beneficial plant compounds, including:</span></p>

<ul class="hl-long-line" style="-webkit-font-smoothing: antialiased; box-sizing: inherit; color: #231f20; font-family: 'Proxima Nova', system-ui, sans-serif; font-size: 18px;"/>

<li style="text-align: left; -webkit-font-smoothing: antialiased; box-sizing: inherit; line-height: 26px; margin-bottom: 15px;"/>Pelargonidin.&nbsp;</span></span></li>

<li style="text-align: left; -webkit-font-smoothing: antialiased; box-sizing: inherit; line-height: 26px; margin-bottom: 15px;"/>Ellagic acid.</span>&nbsp;</span></li>

<li style="text-align: left; -webkit-font-smoothing: antialiased; box-sizing: inherit; line-height: 26px; margin-bottom: 15px;"/>Ellagitannins.</span>&nbsp;</span></li>

target="\_blank" rel="noopener noreferrer">16</a>).</span></li>  
<li style="-webkit-font-smoothing: antialiased; box-sizing: inherit; line-height: 26px; margin-bottom: 15px;">  
<div style="text-align: left;"><span style="font-family: roboto; font-size: 14pt;"><span style="-webkit-font-smoothing: antialiased; box-sizing: inherit; font-weight: bolder;">Procyanidins.&nbsp;</span>These are antioxidants commonly found in strawberry flesh and seeds that may have beneficial health effects&nbsp;</span>  
<div style="text-align: left;">&nbsp;</div>  
<span class="css-1mdvjzu icon-hl-trusted-source-after" style="-webkit-font-smoothing: antialiased; box-sizing: inherit; cursor: pointer; text-decoration-line: none; border-color: currentcolor; color: #01adb9; font-family: roboto;"><span class="sro" style="text-align: left; -webkit-font-smoothing: antialiased; box-sizing: inherit; position: absolute; left: -10000px; top: auto; width: 1px; height: 1px; overflow: hidden;"><a class="content-link css-5r4717" style="-webkit-font-smoothing: antialiased; box-sizing: inherit; cursor: pointer; text-decoration-line: none; border-color: currentcolor; color: #01adb9;" href="http://onlinelibrary.wiley.com/doi/10.1002/(SICI)1097-0010(20000515)80:7%3C1094::AID-JSFA569%3E3.0.CO;2-1/full" target="\_blank" rel="noopener noreferrer">Trusted Source</a><span style="color: #231f20;">).</span></span></span></div>  
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## <span style="font-family: roboto;"><strong>Health Benefits of Strawberry</strong></span></h2>

<div style="text-align: left;">  
<ul class="hl-long-line" style="box-sizing: inherit; text-align: center; -webkit-font-smoothing: antialiased; color: #231f20; font-family: 'Proxima Nova', system-ui, sans-serif; font-size: 18px;">  
<li style="box-sizing: inherit; text-align: left; -webkit-font-smoothing: antialiased; line-height: 1.5; margin-bottom: 15px;"><span style="font-family: roboto; font-size: 14pt;">Studies have shown the relationship between berries and improved heart health.</span></li>  
<li style="box-sizing: inherit; text-align: left; -webkit-font-smoothing: antialiased; line-height: 1.5; margin-bottom: 15px;"><span style="font-family: roboto; font-size: 14pt;">Strawberries seem to slow down glucose digestion and reduce spikes in both glucose and insulin following a carb-rich meal, compared to a carb-rich meal without strawberries.</span></li>  
<li style="box-sizing: inherit; text-align: left; -webkit-font-smoothing: antialiased; line-height: 1.5; margin-bottom: 15px;"><span style="font-family: roboto; font-size: 14pt;">A number of studies suggest that berries may help prevent several types of cancer through their ability to fight oxidative stress and inflammation.</span></li>  
<li style="box-sizing: inherit; text-align: left; -webkit-font-smoothing: antialiased; line-height: 1.5; margin-bottom: 15px;"><span style="font-family: roboto; font-size: 14pt;">A strawberry-enriched diet has been shown to reduce oxidative stress in liver mitochondria and also improve respiratory functions.</span></li>  
<li style="box-sizing: inherit; text-align: left; -webkit-font-smoothing: antialiased; line-height: 1.5; margin-bottom: 15px;"><span style="font-family: roboto; font-size: 14pt;">Evidence suggests that the addition of polyphenol-rich foods in the diet may improve CVD risk factors, inhibiting



inflammation and platelet aggregation and ameliorating function, plasma lipid profile, and free radical scavenging thus increasing the low-density lipoprotein (LDL) resistance to oxidation.

## Sample Strawberry Recipe

### Sparkling Strawberry Lemonade Recipe

Make the strawberry lemonade mixture up to two days in advance, but wait to add sparkling water until you are ready to serve.

#### Ingredients

3/4 cup sugar

3/4 cup water

3/4 cup fresh lemon juice (about 10 large lemons)

16-ounce container of fresh strawberries, hulled and cleaned

3 cups naturally- flavored strawberry sparkling water

#### Directions

Wash your hands thoroughly before you begin.

Combine sugar and water in a medium saucepan. Bring to a boil over medium heat, stirring until sugar dissolves. Remove from heat and cool completely for about 30 minutes.

Combine strawberries and half of the cooled sugar mixture in a blender. Cover and process until very smooth, about 1 to 2 minutes. Then transfer to a 2-quart pitcher.

Stir in the remaining sugar mixture and lemon juice. Add sparkling water just before serving.

Club soda or plain sparkling water may be substituted for strawberry-flavored sparkling water.

Source: eat right

Would you like to talk to a nutritionist about

your eating lifestyle, use our free service to [ask a nutritionist](https://bit.ly/3zoQXOb)

&nbsp;

Reference

Francesca Giampieri D.Sc. , Sara Tulipani Ph.D. b, Jose M. Alvarez-Suarez Ph.D. , Jose L. Quiles Ph.D. ,Bruno Mezzetti Ph.D. d, Maurizio Battino Ph.D., D.Sc., M.D.(2012). The strawberry: Composition, nutritional quality, and impact on human health.Nutrition 28 (2012) 9&ndash;19

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