

Red Raspberries are the Berry Best!

- Red raspberries are low in calories, fat, and carbohydrates.
- Raspberries are rich in Vitamin C and fiber, both of which have been shown to help reduce the risks of certain cancers.
- Raspberries contain ellagic acid, a phenolic compound shown to have anti-cancer, anti-viral and anti-bacterial properties. This substance is readily absorbed from raspberries
- Raspberries contain other strong antioxidants like quercetin and gallic acid that fight cancer, heart disease, and age-related decline. Their ORAC level (a measure of antioxidants) is similar to that of blueberries.
- Consumption of whole berries has been shown to be more beneficial than taking the individual phytochemicals as dietary supplements – and a lot tastier!

Enjoy your red raspberries...

- By the handful, fresh or frozen
- On cereal, pancakes, or waffles
- In salads and sauces
- In tarts and other desserts
- In smoothies



Visit www.raspberrylblackberry.com
for recipes and additional information.

Red Raspberries are the Berry Best!

- Red raspberries are low in calories, fat, and carbohydrates.
- Raspberries are rich in Vitamin C and fiber, both of which have been shown to help reduce the risks of certain cancers.
- Raspberries contain ellagic acid, a phenolic compound shown to have anti-cancer, anti-viral and anti-bacterial properties. This substance is readily absorbed from raspberries
- Raspberries contain other strong antioxidants like quercetin and gallic acid that fight cancer, heart disease, and age-related decline. Their ORAC level (a measure of antioxidants) is similar to that of blueberries.
- Consumption of whole berries has been shown to be more beneficial than taking the individual phytochemicals as dietary supplements – and a lot tastier!

Enjoy your red raspberries...

- By the handful, fresh or frozen
- On cereal, pancakes, or waffles
- In salads and sauces
- In tarts and other desserts
- In smoothies



Visit www.raspberrylblackberry.com
for recipes and additional information.

Red Raspberries are the Berry Best!

- Red raspberries are low in calories, fat, and carbohydrates.
- Raspberries are rich in Vitamin C and fiber, both of which have been shown to help reduce the risks of certain cancers.
- Raspberries contain ellagic acid, a phenolic compound shown to have anti-cancer, anti-viral and anti-bacterial properties. This substance is readily absorbed from raspberries
- Raspberries contain other strong antioxidants like quercetin and gallic acid that fight cancer, heart disease, and age-related decline. Their ORAC level (a measure of antioxidants) is similar to that of blueberries.
- Consumption of whole berries has been shown to be more beneficial than taking the individual phytochemicals as dietary supplements – and a lot tastier!

Enjoy your red raspberries...

- By the handful, fresh or frozen
- On cereal, pancakes, or waffles
- In salads and sauces
- In tarts and other desserts
- In smoothies



Visit www.raspberrylblackberry.com
for recipes and additional information.

Raspberry Nutrition Facts

Serving Size: 1 cup (123g)

Amount Per Serving	
Calories 60	
	% Daily Value*
Total Fat .8g	1%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 8g	25%
Sugars 9g	
Protein 1g	
Vitamin A	0%
Vitamin C 32 mg	54%
Calcium 32 mg	3%
Iron .85 mg	4%
Folate .36 mg	7%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: USDA National Nutrient Database (note: does not distinguish between red & black raspberries)

Taking care of your raspberries.

- Make sure your berries don't get hot in the car on the way home after you buy or pick them.
- Store them immediately in the refrigerator until ready to use. If you must transfer them, shallow, closed containers are best.
- Raspberries are fragile! Use them as soon as possible, within 1-3 days.
- Don't wash berries until just before using.
- To freeze berries, just wash them, gently drain off excess water, and drop them into a freezer bag or container. Use within 4-5 months. Adding sugar will preserve flavor longer. To keep each berry separate, spread them on a tray or cookie sheet, freeze, and then put them in a container.

Raspberry Nutrition Facts

Serving Size: 1 cup (123g)

Amount Per Serving	
Calories 60	
	% Daily Value*
Total Fat .8g	1%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 8g	25%
Sugars 9g	
Protein 1g	
Vitamin A	0%
Vitamin C 32 mg	54%
Calcium 32 mg	3%
Iron .85 mg	4%
Folate .36 mg	7%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: USDA National Nutrient Database (note: does not distinguish between red & black raspberries)

Taking care of your raspberries.

- Make sure your berries don't get hot in the car on the way home after you buy or pick them.
- Store them immediately in the refrigerator until ready to use. If you must transfer them, shallow, closed containers are best.
- Raspberries are fragile! Use them as soon as possible, within 1-3 days.
- Don't wash berries until just before using.
- To freeze berries, just wash them, gently drain off excess water, and drop them into a freezer bag or container. Use within 4-5 months. Adding sugar will preserve flavor longer. To keep each berry separate, spread them on a tray or cookie sheet, freeze, and then put them in a container.

Raspberry Nutrition Facts

Serving Size: 1 cup (123g)

Amount Per Serving	
Calories 60	
	% Daily Value*
Total Fat .8g	1%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 8g	25%
Sugars 9g	
Protein 1g	
Vitamin A	0%
Vitamin C 32 mg	54%
Calcium 32 mg	3%
Iron .85 mg	4%
Folate .36 mg	7%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: USDA National Nutrient Database (note: does not distinguish between red & black raspberries)

Taking care of your raspberries.

- Make sure your berries don't get hot in the car on the way home after you buy or pick them.
- Store them immediately in the refrigerator until ready to use. If you must transfer them, shallow, closed containers are best.
- Raspberries are fragile! Use them as soon as possible, within 1-3 days.
- Don't wash berries until just before using.
- To freeze berries, just wash them, gently drain off excess water, and drop them into a freezer bag or container. Use within 4-5 months. Adding sugar will preserve flavor longer. To keep each berry separate, spread them on a tray or cookie sheet, freeze, and then put them in a container.

Raspberry Nutrition Facts

Serving Size : 1 cup (123g)

Amount Per Serving

Calories 60

	% Daily Value*
Total Fat .8g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 8g	25%
Sugars 9g	
Protein 1g	
Vitamin A	0%
Vitamin C 32 mg	54%
Calcium 32 mg	3%
Iron .85 mg	2%
Folate .36 mg	7%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

Source: USDA National Nutrient Database (note: does not distinguish between red & black raspberries)

Taking care of your raspberries.

- Make sure your berries don't get hot in the car on the way home after you buy or pick them.
- Store them immediately in the refrigerator until ready to use. If you must transfer them, shallow, closed containers are best.
- Raspberries are fragile! Use them as soon as possible, within 1-3 days.
- Don't wash berries until just before using.
- To freeze berries, just wash them, gently drain off excess water, and drop them into a freezer bag or container. Use within 4-5 months. Adding sugar will preserve flavor longer. To keep each berry separate, spread them on a tray or cookie sheet, freeze, and then put them in a container.

Raspberry Nutrition Facts

Serving Size : 1 cup (123g)

Amount Per Serving

Calories 60

	% Daily Value*
Total Fat .8g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 8g	25%
Sugars 9g	
Protein 1g	
Vitamin A	0%
Vitamin C 32 mg	54%
Calcium 32 mg	3%
Iron .85 mg	2%
Folate .36 mg	7%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

Source: USDA National Nutrient Database (note: does not distinguish between red & black raspberries)

Taking care of your raspberries.

- Make sure your berries don't get hot in the car on the way home after you buy or pick them.
- Store them immediately in the refrigerator until ready to use. If you must transfer them, shallow, closed containers are best.
- Raspberries are fragile! Use them as soon as possible, within 1-3 days.
- Don't wash berries until just before using.
- To freeze berries, just wash them, gently drain off excess water, and drop them into a freezer bag or container. Use within 4-5 months. Adding sugar will preserve flavor longer. To keep each berry separate, spread them on a tray or cookie sheet, freeze, and then put them in a container.

Raspberry Nutrition Facts

Serving Size : 1 cup (123g)

Amount Per Serving

Calories 60

	% Daily Value*
Total Fat .8g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 8g	25%
Sugars 9g	
Protein 1g	
Vitamin A	0%
Vitamin C 32 mg	54%
Calcium 32 mg	3%
Iron .85 mg	2%
Folate .36 mg	7%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

Source: USDA National Nutrient Database (note: does not distinguish between red & black raspberries)

Taking care of your raspberries.

- Make sure your berries don't get hot in the car on the way home after you buy or pick them.
- Store them immediately in the refrigerator until ready to use. If you must transfer them, shallow, closed containers are best.
- Raspberries are fragile! Use them as soon as possible, within 1-3 days.
- Don't wash berries until just before using.
- To freeze berries, just wash them, gently drain off excess water, and drop them into a freezer bag or container. Use within 4-5 months. Adding sugar will preserve flavor longer. To keep each berry separate, spread them on a tray or cookie sheet, freeze, and then put them in a container.