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Strawberries

How can anyone resist a fresh, juicy strawberry? The fragrantly sweet juiciness and deep red color of Driscoll's Strawberries brighten up both the taste and aesthetics of any meal. Not only are they easy on the eyes and tastebuds, strawberries are easy on the health too!

Rich in nutritional vitamins and antioxidants, Driscoll's Strawberries are one of the most health-conscious berries around. Just a one-cup serving of the beautiful red berry provides 93% of the suggested daily supply of Vitamin C, 16% of the suggested daily supply of Fiber and 20% of the recommended daily supply of Folic Acid. Not to mention the added benefits of Iron and Calcium.

Furthermore, strawberries are loaded with phenols (antioxidants), making the berries heart-healthy, anti-carcinogenic and anti-inflammatory.

Enjoyable a la carte, or paired with your favorite foods, Driscoll's Strawberries fit into any and every meal:

For breakfast, top a bagel and cream cheese with sliced, fresh Driscoll's Strawberries or stir Driscoll's Strawberries into pancakes, muffins and quick breads. Or, just hold the strawberry "handle" and dip them into chocolate or yogurt!

At lunchtime, slice Driscoll's Strawberries into your PB&J or toss them into your spinach salad.

For a heart-healthy dessert, drizzle a tablespoon of high quality balsamic vinegar over a cup of sliced Driscoll's Strawberries. Then, top with chopped walnuts for added heart-beneficial omega-3 fatty acids.

A one-cup serving of strawberries provides:
45 Calories with 1g Protein and no Fat
93% of your day's supply of Vitamin C
16% of your day's supply of Fiber
20% of your day's supply of Folic Acid
4% of your day's supply of Iron
2% of your day's supply of Calcium

Raspberries

Driscoll's Raspberries are fragrantly sweet, wonderfully delicious and delicately structured. But don't let their "melt-in-your-mouth" sweetness fool you – they're loaded with nutritional value too!

Rich in a plethora of Phytonutrients, Driscoll's Raspberries contain strong antioxidants (such as Vitamin C), antimicrobials (such as Flavanoid) and they also offer anti-carcinogenic, anti-aging and circulatory benefits. Just one single Driscoll's Raspberry contains 3 times more antioxidants than kiwis and 10 times more than tomatoes!

Additionally fiber-rich and low in fat, Driscoll's Raspberries are the ideal snack or add-on ingredient. Fiber is critical to a healthy digestive system, but it can be challenging to reach the recommended 25g per day. Add the pretty berry to your favorite baking recipes – from muffins to cookies – or simply enjoy them in your morning yogurt or oatmeal, lunchtime salad or healthy dessert in order to get your daily fill.

A one-cup serving of raspberries provides:

60 Calories with 1g Protein and only 1g Fat

50% of your day's supply of Vitamin C

32% of your day's supply of Fiber

6% of your day's supply of Folic Acid

4% of your day's supply of Iron

4% of your day's supply of Calcium

2,789 ORAC Value (Oxygen Radical Absorbance Capacity measures antioxidant

<<http://en.wikipedia.org/wiki/Antioxidant>> levels)

Blackberries

Known as the “cabernet” of berries for their earthy, wine-like taste, Driscoll’s Blackberries are an easy and healthy addition to anyone’s diet. Aside from being tasty, Driscoll’s Blackberries are loaded with dietary fiber, heart-healthy polyunsaturated fats, Vitamin C and antioxidants, making them quite beneficial for staying healthy and even losing weight.

Besides the typical berry health benefits, Driscoll’s Blackberries also contain a high amount of tannin – a nutrient that studies have shown to tighten tissue, alleviate diarrhea and intestinal inflammation, and even treat sore throats and mouth irritations.

Feel like testing your culinary talent? Blackberry cobbler is always a hit. Or, for a slightly more healthy and simple treat, pair Driscoll’s Blackberries with pears and almonds and sprinkle over salad.

1 cup of blackberries = 6g of fiber, which is 1/3 of your daily recommended intake, much more than bananas, grapes or apples!

A one-cup serving of blackberries provides:

60 Calories with 2g Protein and only 1g Fat

50% of your day's supply of Vitamin C

32% of your day's supply of Fiber

9% of your day's supply of Folic Acid

6% of your day's supply of Iron

4% of your day's supply of Calcium

4,654 ORAC Value (Oxygen Radical Absorbance Capacity measures antioxidant

<<http://en.wikipedia.org/wiki/Antioxidant>> levels)

Blueberries

Small yet mighty, Driscoll's Blueberries are one of nature's healthiest and most versatile foods. Blueberries contain more free radical-fighting antioxidants than any other berry, which helps to protect against cancer, heart disease, and the effects of aging. Plus, they're loaded with fiber to help control blood sugar and keep you full longer.

Aside from the well-known antioxidant powers of blueberries, recent research studies have identified compounds in blueberries that can promote urinary tract health and reduce the risk of infection. Other studies have shown that a diet supplemented with blueberries helps to increase motor skill function.

The seemingly infinite health benefits of Driscoll's Blueberries make them the ideal fruit to add to your daily diet:

At breakfast, stir Driscoll's blueberries into your hot or cold cereal, or blend your favorite berry combination into an on-the-go protein smoothie.

For lunch, mix Driscoll's Blueberries with Driscoll's Strawberries, Blackberries and Raspberries for a refreshing fruit salad.

Enjoy any protein at dinner drizzled with a delicious Driscoll's Blueberry sauce by simply simmering the health-packed berry and cooking wine over low heat.

A one-cup serving of blueberries provides:

80 Calories with 1g Protein and no Fat

25% of your day's supply of Vitamin C

14% of your day's supply of Fiber

2% of your day's supply of Folic Acid

2% of your day's supply of Iron

5,486 ORAC Value (Oxygen Radical Absorbance Capacity measures antioxidant

<<http://en.wikipedia.org/wiki/Antioxidant>> levels)

Tips for Healthy Living with Berries

- Portable, palate pleasing and packed with nutrition, berries are an important part of a healthy lifestyle. Simply put, eating fresh berries is a smart thing to do.
- The pigments that give berries their red, blue, yellow, black and purple colors are packed with antioxidants. Antioxidants protect our cells from oxidative damage and inflammation, and they have been linked to heart and brain health, supporting a healthy immune system and protection against certain cancers.
- Toss colorful berries into your leafy green salads or get creative and make a simple vinaigrette dressing with puréed berries to add visual distinction and extra antioxidant power to your meal.
- Berries show up on almost every list of "Super Foods" recommended by nutritionists to improve the quality of our lives. Combine berries with other nutrition stars such as salmon, spinach, flaxseed, olive oil, beans and tomatoes.
- Berries are a classic smoothie ingredient and with good reason - brilliant color, great flavor and nutrition. Combine them with other fruits and veggies to achieve a power drink that delivers multiple servings of fruits and vegetables, yet is still "berry-licious."
- Berries blended with yogurt, banana, spinach (yes, spinach!), flaxseed oil and the juice of your choice is a refreshing, heart-healthy pick-me-up. Did you know if you toss frozen berries straight from your freezer into the blender you don't need to add ice?
- On the go? Grab a container of tasty blueberries, strawberries, raspberries or blackberries for your next hike, picnic or errand-running afternoon.