



# Foodie Friday

February is **National Cherry Month!**

Let's talk about it.



A cherry tree grows, on average, 7000 cherries.



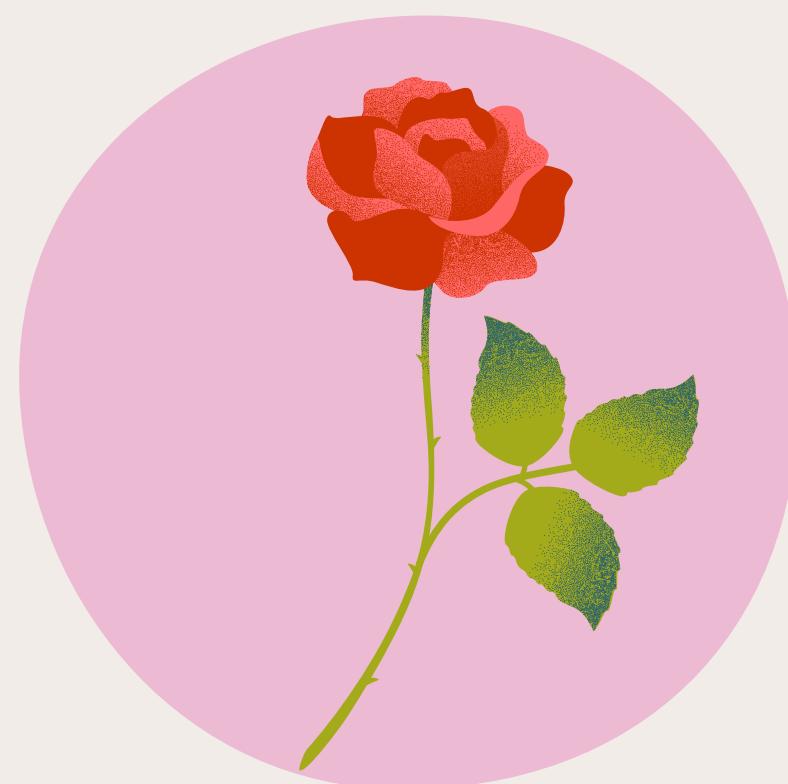
The biggest cherry pie in the world was baked in Canada.



Cherries have anti-inflammatory properties that support heart health.



## Did You Know?



Cherries are part of the rose family.



The most common types of cherries are sweet cherries and tart cherries.



Cherry blossom trees don't actually grow cherries.

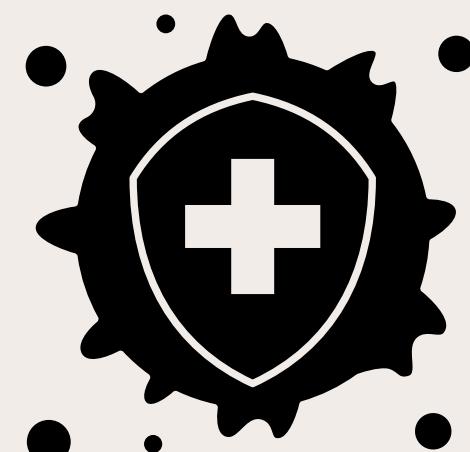
# Nutrition

## Nutrition Facts

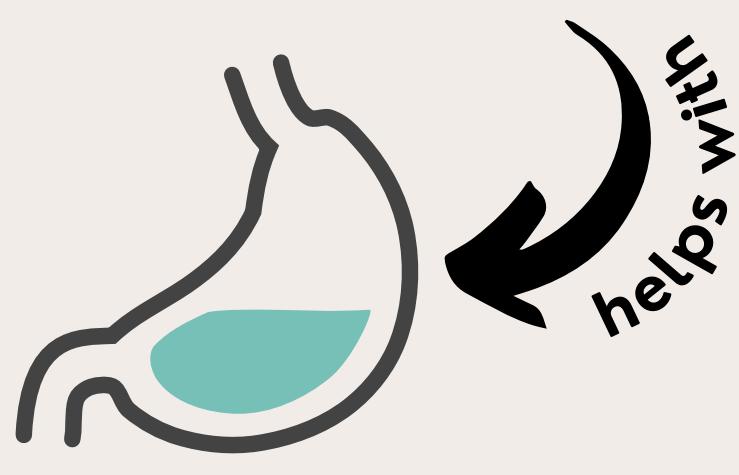
Serving size	10 Cherries (68g)
Amount Per Serving	
<b>Calories</b>	<b>45</b>
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	<b>2%</b>
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0.2mg	2%
Potassium 151mg	4%
Vitamin A	0%
Vitamin C	6%
Folate	0%
Vitamin B12	0%
Phosphorus	2%
Magnesium	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cherries contain nutrients such as vitamin C and fiber.



immune system



digestion

They also contain antioxidants and have anti-inflammatory properties.



Reduce inflammation

Cherries are known to support good heart health due to their level of key nutrients such as potassium.



Regular heartbeat



Blood pressure control



Click on each name for the recipe!

## Recipes

[Cherry Pie](#)

[Balsamic Cherry Feta Prosciutto Pizza](#)

[Peppered Sour Cherry & Goat Cheese Tarts](#)

[Cherry Smoothie](#)

[Cherry, Arugula and Quinoa Salad](#)