

SAISD CHILD NUTRITION SERVICES  
FRESH FRUIT & VEGETABLE PROGRAM

# RASPBERRIES



Raspberries are a delicate fruit with a tart flavor and velvety texture. The most common type of raspberry is the red raspberry, but raspberries can also be black, purple, and golden. It should be no surprise that raspberries are considered a superfood, as they are rich in fiber and heart-healthy antioxidants. Eat raspberries on their own or as part of a meal. Raspberries are a wonderful addition to smoothies, adding rich color and lots of fiber.

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