

COMPLIMENTARY 1-CEU WEBINAR PRESENTATION


Strawberries and Cardiometabolic Health: Current and Future Directions for Research

EARN 1 CEU

PRESENTED BY
Arpita Basu, PhD, RD/LD
Britt Burton-Freeman, PhD

November 16, 2022, 2–3 pm ET

*1 ON FOOD has been approved by the CDR to offer 1.0 CEU for this webinar

SPONSORED BY

CALIFORNIA STRAWBERRIES

Strawberries and Cardiometabolic Health: Current and Future Directions for Research on Wednesday, November 16, 2022, from 2-3 p.m. ET | by Arpita Basu, PhD, RD/LD, and Britt Burton-Freeman, PhD

Supplemental Resources:

Nutritional/Bioactive Composition of Strawberries (Selected)

Nutrients	Amount/100g Fresh Weight		Bioactive Compounds	Specific to Strawberries
Water	91g			
Energy	32kcal		Flavonoids	
Carbohydrates	7.7g		Anthocyanins	Pelargonidin
Dietary fiber	2g		Flavonols	Quercetin
Potassium	153mg		Flavanols	Catechin
Sodium	1mg			
Vitamin C	59mg		Phenolic acids	
Folate	24mg		Hydroxycinnamic acid	Caffeic acid
Thiamin	0.024		Hydroxybenzoic acid	Gallic acid
Riboflavin	0.022			
Niacin	0.38		Hydrolyzable tannins	Ellagitannins

COMPLIMENTARY 1-CEU WEBINAR PRESENTATION


Strawberries and Cardiometabolic Health: Current and Future Directions for Research

EARN 1 CEU

PRESENTED BY
Arpita Basu, PhD, RD/LD
Britt Burton-Freeman, PhD

November 16, 2022, 2–3 pm ET

*1 ON FOOD has been approved by the CDR to offer 1.0 CPEU for this webinar

SPONSORED BY

CALIFORNIA STRAWBERRIES

Strawberries and Cardiometabolic Health: Current and Future Directions for Research on Wednesday, November 16, 2022, from 2-3 p.m. ET | by Arpita Basu, PhD, RD/LD, and Britt Burton-Freeman, PhD

Practical Implications:

- Global Burden of Disease (GBD) study tells us a **DIET LOW in FRUIT** is among the **TOP 3 dietary risk factors for CVD and diabetes**
- **Increasing fruit variety lowers risk of developing diabetes**
- Evidence is required to develop policy, set recommendations, and inform people of **what foods/fruits and how much to eat to optimize health**

As little as 1 cup per day of strawberries shows beneficial effects