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NEWS RELEASE

For Immediate Release
June 19, 2007

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Just a bowl of cherries!

Cherry season is just around the corner and they are among the best foods for a tasty snack. Cherries are not only a great snack, they are great for you. Cherries contain no fat, cholesterol or sodium, are a good source of fiber and a high source of vitamin C. They also aid in heart health and can reduce cancer risk too.

The season for cherries is mid-May thru July, so be sure to act fast to get a great bowl of cherries. Some ways to incorporate cherries into your day include:

- packing them in lunches for a treat
- add them to a mixed fruit salad
- stir pitted cherries into low-fat yogurt
- combine them in a blender with milk for a breakfast shake
- replace strawberries with cherries in a low-fat shortcake

Be sure to look for cherries this spring and summer at your local farmer's market. And remember, the riper the cherry, the larger the size, the deeper the color, and the sweeter the fruit!

Parents and child care providers can learn more about nutrition and eating healthy for young children through the UC Cooperative Extension's Nutrition BEST program at (530) 889-7350 or visit us at <http://ceplacer.ucdavis.edu>.



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