

# Strawberries: beneficial health allies

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## **NUTRI-lipidomics** *Molecular nutrition and healthy diet*

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## Strawberries properties and virtues

Strawberry (*Fragaria vesca*) is a very common plant of the Rosaceae family, a fruit of Mediterranean culture. In addition to being particularly tasty and fragrant – hence the derivation of the Latin verb “fragrances” – it has interesting nutritional properties that make it a healthy and tasty food to be included in everyone’s diet.

Fruit \* is a good source of potassium, manganese, folate, vegetable fibers, but **what’s most important is vitamin C and antioxidants, including anthocyanins and elagitanins.**

All of these substances make strawberries **prominent in the balanced diet and valuable allies of health**, with antioxidant and anti-inflammatory properties confirmed by several studies (1).

Strawberries have a low glycemic impact, with their 3 g of carbohydrates available for 120 g. The characteristics of the present fibers make this fruit well digestible also by those who have problems with abdominal swelling and colitis.

\* In fact, this is a “fake fruit” because the fruits properly mentioned are the seeds of which the surface is sprinkled.

## Strawberries consumption

Strawberries can be eaten naturally, mixed with a white yogurt, in a fruit salad, shredded in a fresh smoothie or together with green salad.

*The NUTRI-lipidomic recipe*

## Roasted strawberries

A special and original preparation.

### Ingredients

- 2 cups of strawberries
- 2 cups of rhubarb stems
- 2 tablespoons of acacia honey
- 1 tablespoon of apple vinegar
- 1 pinch of salt

### Preparation

Cut the strawberries into quartz and rhubarb in coarse pieces, put them in a bowl and add the liquid honey, a tablespoon of apple vinegar and a pinch of



salt. Spread all over the plaque covered with a sheet of oven paper and place it in the central magazine of the oven preheated to 180 °. Cook for 30-40 minutes.

Consumption tip: if you do not want to eat alone, put roasted strawberries on yogurt or as a filling for sweets.

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### Bibliography:

(1) Mandave P., et al. Antidiabetic, Lipid Normalizing, and Nephroprotective Actions of the Strawberry: A Potent Supplementary Fruit. *Int J Mol Sci.* 2017 Jan; 18(1): 124

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*The diet tips, written in the article, are not intended to be a substitute for a personal nutrition plan and are to be adapted to specific cases.*

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