

Strawberry Nutrition Facts



One cup of halved strawberries (152g) includes 49 calories, 1g of protein, 11.7g of carbohydrates, and 0.5g of fat. Strawberries are a fiber-rich source of complex carbs that are naturally low in calories and fat. Strawberries are an excellent source of vitamin C and a good source of potassium, folate, and magnesium. Strawberries are also high in antioxidants.

- Calories: 49
- Fat: 0.5g
- Sodium: 1.5mg
- Carbohydrate: 11.7g
- Fiber: 3g
- Sugars: 7.4g
- Protein: 1g
- Vitamin C: 89.4mg
- Potassium: 233mg
- Magnesium: 19.8g

Strawberry Health Benefits

Prevents High Blood Sugar

Strawberries are high in fiber, which helps keep blood sugars stable. They may also be able to decrease the rise in blood sugar that typically occurs after eating a meal by reducing the uptake and transport of glucose in the intestines.



Eases Arthritis Symptoms

Strawberries contain bioactive compounds that have been shown to help reduce joint inflammation and pain.



Promotes Heart Health

Strawberries are high in fiber, which helps keep cholesterol and triglyceride levels in check. The flavonoids and potassium in strawberries work to lower high blood pressure. Strawberries are also a good source of vitamin C and folate, critical nutrients for heart health.



Promotes Wound Healing

Strawberries contain about 90mg of vitamin C per cup. Vitamin C provides the building blocks to repair injuries and heal wounds.

