

Strawberries

Has anyone ever told you they steer clear of fruit because, well, sugar? Do they use words like “fructose” and try to scare you into thinking that you’re going to get fat from eating fruit? Have you ever met someone who blamed their obesity on eating TOO MUCH FRUIT? I’m going to guess no. Guess why! Because fruit doesn’t make you fat. Believe me. Yes, there are fruits that are higher in calories (avocado, bananas, and dates, I’m looking at you!), but few people, if anyone, are pounding bunches of bananas on the reg.

Are there certain fruits that are “better” to eat than others? Sure, some are lower in calories...and that’s something to pay attention to! One of the lowest? Strawberries! Did you know that you can literally eat an entire pound of strawberries for fewer calories than an entire Snickers bar? It’s true...one pound of strawberries is 150 calories! Just make sure you have a big plate because that’s a whole lotta strawbs for very few calories! Let’s also not leave out the fact that they’re delicious (even more so when dipped in chocolate, but that’s another story for another time!!)

Don’t be afraid of sugar in fruit. It’s naturally occurring. It’s not going to spike your insulin levels, and you have to eat SO MUCH of it to make a dent, that you have nothing to worry about!

Dip those babies in some lite Cool Whip and you’ve got yourself a pretty tasty treat!

