Selection:

Choose raspberries that are dry, firm, plump, and solid in color. Avoid moldy, wet berries or containers that are stained or leaking.

Storage:

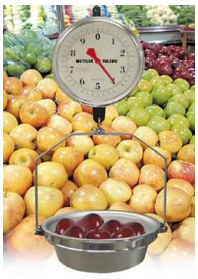
Place a paper towel on a baking sheet with sides. Remove unwashed berries from container and place them in a single layer on the baking sheet. Cover with another paper towel and keep in the refrigerator for up to 2 days. To freeze, place rinsed raspberries on baking sheet as described above, freeze for 1 hour, place in a container with a lid, and freeze for up to 9 months.

Refrigerator: Up to 2 days
Freezer: Up to 9 months

Use:

Rinse raspberries thoroughly just before preparing. Raspberries are good for both cooking and eating raw.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Raspberries are usually sold in a prepackaged container. If they are sold per pound, weigh produce to find out exactly how much it will cost. Place the number of raspberries you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Raspberries

Use this table to find the total cost.
Example: What is the total cost for 2 lbs of raspberries at $0.99 per lb? **2 lbs x $0.99 = $1.98**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

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Nutrition:

1 cup Raspberries

Nutrition Facts	
Serving Size 1 cup (125g)	
Amount Per Serving	
Calories 50	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 8g	32%
Sugars 12g	
Protein 1g	
Vitamin A 0%	Vitamin C 40%
Calcium 2%	Iron 2%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for 1 cup of raspberries.

Recipe:

Raspberry Smoothie

Preparation Time: 5 minutes
Serves 1
Cups of Fruit per Serving: 1½

Ingredients:

1 cup unsweetened, frozen raspberries
¾ cup 100% orange juice
½ cup plain low-fat yogurt

Preparation:

1.) Place all ingredients in a blender.
2.) Cover tightly and blend until smooth. If mixture is too thick, add ½ cup cold water and blend again.
3.) Pour into a glass and serve.

Nutrition Information per Serving:

Calories 240, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 70 mg, Carbohydrates 52 g, Dietary Fiber 4 g, Protein 8 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.