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How to personalize your plate with strawberries

By

California Strawberry Commission

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March is National Nutrition Month® and this year's theme is *Personalize Your Plate*. The [Academy of Nutrition and Dietetics](#) explains that *Personalize Your Plate* means “creating nutritious meals to meet people's cultural and personal food preferences.”

Nutritious meals can embrace favorite foods, including traditional recipes found in every culture as well as indulgent foods that may be created at the spur of the moment. If incorporating these favorite foods tend to add high levels of saturated fat, sugar, or sodium to everyday eating, consider some of the tips below.

Personalize Your Plate Tips

1. Swap out the salt with combinations of herbs and spices. Lowering salt intake can help prevent health issues like high blood pressure, and at the same time, sneak in extra flavor and nutrients like antioxidants. Consider rosemary, oregano, cinnamon, or turmeric.
2. Another way to help lower blood pressure is to eat foods with potassium like bananas, potatoes, [strawberries](#), and tomatoes.
3. Replace sugar and artificial sweeteners with fruit. Strawberries can add natural sweetness to [yogurt](#), [water](#), or [cocktails](#).

4. Choose your best oils: Canola, olive, corn, and peanut oil are low in saturated fat and a good source of [heart-healthy fatty acids](#). Oils to use with caution are tropical oils like coconut and palm, which are high in saturated fats [associated with elevated LDL cholesterol](#).
5. Upgrade your dish to a plant-based meal. Plant-based meals do not need to exclude meat. Instead, add nuts, fruits, vegetables, and whole grains to a recipe. Try [salsa](#) on your potatoes, fruit in your cereal, or thinly sliced veggies in a sandwich. The added fiber can help minimize spikes in blood sugar and promote a healthy gut.

Personalize Your Plate with Strawberries

Some other creative ways to *personalize your plate* include adding plants to cultural foods. Some of our recipe contributors have found creative ways to add strawberries to their favorite cultural dishes:



1. Chicken Flautas with Strawberry Pico de Gallo

Chicken flautas are one of the most traditional and easy-to-make Mexican recipes, but we added strawberries to the pico de gallo for a sweet twist.

[Get the recipe here](#)



2. Strawberry Spring Rolls with Creamy Peanut Dip

Dietitian created spring rolls are a fun way to eat your veggies and a refreshing way to replace sandwiches in warm weather. Veggies, herbs and fresh strawberry slices are wrapped up and dipped in a creamy peanut butter dip for a gluten-free, vegan, and no-added-sugar meal.

[Get the recipe here](#)



3. Strawberry Olive Harissa Salad

Experience the full spectrum of flavors with sweet California strawberries, salty-briny olives, earthy cilantro, and tangy lime juice. This Strawberry Olive Harissa Salad packs a punch and is ready to eat in minutes. Recipe by Karly Gomez of [A Simple Pantry](#).

[Get the recipe here](#)



4. Fresh Strawberry Scones

Scones are a basic component of the cream tea, a light afternoon meal consisting of tea taken with scones, clotted cream, and jam.

[Get the recipe here](#)

You can find a unique variety of strawberry recipes on [CaliforniaStrawberries.com](https://www.californiastrawberries.com). Share your favorite way to *personalize your plate* with strawberries on [Instagram](#) for a chance to win a prize. Just look for the #CAstrawberryChallenge and make sure to tag [@castrawberries](#).

[National Registered Dietitian Nutritionist Day](#) is March 10. California Strawberries celebrates the great work RDNs are doing this month and all year-long!

This article is brought to you by the California Strawberry Commission.

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