

Dried Cranberries

CREATE
HEALTHY CHOICES



- 1/3 cup of dried cranberries is equal to 1 serving of fruit.
- Great source of vitamin C, vitamin E, and fiber.
- Full of antioxidants that may help reduce the risk of certain cancers.
- Toss cranberries with nuts, seeds, and oats for a homemade trail mix, or use as a topping for salads and desserts.

CREATE SNAP-ED
BETTER HEALTH

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