

Raisins

CREATE
HEALTHY CHOICES



- Rich in potassium for a healthy heart.
- The nutrients in raisins may reduce risk of heart disease, certain cancers, and stroke.
- Great source of fiber.
- Raisins alone are a quick, healthy snack or add them to granola, cereal, baked goods, salads, and smoothies.

CREATE SNAP-ED
BETTER HEALTH

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