



Blueberries

The Health Benefits of Blueberries

This tiny fruit contains the highest antioxidant capacity of all commonly-consumed fruits. They can protect your heart, lower blood pressure and improve brain function and memory.

One 1/2 cup of fresh or frozen blueberries provides:

- 42 Calories, 1 gm protein, 2 grams fiber, 0 fat, no cholesterol

Nutrients in Blueberries

- Great source of vitamins C and K and the mineral manganese which is important for brain and bone health
- The main antioxidant is in the group called anthocyanins, which gives the berries their distinctive color, and also protects against aging, cancer, heart disease, diabetes and dementia
- Polyphenol antioxidants significantly reduce inflammation
- A good source of fiber, blueberries can help prevent constipation and aid with weight loss efforts

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