- Polyphenol antioxidants significantly reduce inflammation
- diabetes and dementia
- The major antioxidants are anthocyanins, which give the berries their distinctive color and protect against aging, cancer, heart disease,
- Great source of vitamins C and K and the mineral manganese which is important for brain and bone health
- Nutrients in Blueberries
- 42 Calories, 1 gm protein, 2 grams fiber, 0 fat, no cholesterol

1/2 cup fresh or frozen blueberries provides:

The Health Benefits of Blueberries

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



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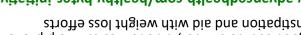
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- constipation and aid with weight loss efforts A good source of fiber, blueberries can help prevent



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Healthy

Eating

Active

Living

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