

- 1 cup whole fresh blackberries provides:**
- 62 Calories, 2 gm protein, 8 gm fiber, 0.7 gm fat, no cholesterol
- Potential benefits of consuming blackberries:**
- Contain antioxidants vitamins C, E, and K, polyphenols, flavonoids, ellagic acid, anthocyanins, carotenoids and salicylic acid giving it top scores for protection from aging and disease
  - Seeds are a source of essential omega 3 and omega 6 fatty acids
  - Contain B vitamins thiamin, niacin, riboflavin, folate and minerals iron, calcium, magnesium, phosphorous, potassium and zinc
  - These nutrients protect against heart disease and cancer, prevent bone loss and boost immunity and brain function
  - Select fresh blackberries with a deep, dark color and consume within 3-4 days or freeze

## Health Benefits of Blackberries



A tangy, nutrient-dense fruit, blackberries are loaded with antioxidants, fiber and essential oils. Blackberries are different than black raspberries.

# Blackberries

- 1 cup whole fresh blackberries provides:**
- 62 Calories, 2 gm protein, 8 gm fiber, 0.7 gm fat, no cholesterol
- Potential benefits of consuming blackberries:**
- Contain antioxidants vitamins C, E, and K, polyphenols, flavonoids, ellagic acid, anthocyanins, carotenoids and salicylic acid giving it top scores for protection from aging and disease
  - Seeds are a source of essential omega 3 and omega 6 fatty acids
  - Contain B vitamins thiamin, niacin, riboflavin, folate and minerals iron, calcium, magnesium, phosphorous, potassium and zinc
  - These nutrients protect against heart disease and cancer, prevent bone loss and boost immunity and brain function
  - Select fresh blackberries with a deep, dark color and consume within 3-4 days or freeze

## Health Benefits of Blackberries



A tangy, nutrient-dense fruit, blackberries are loaded with antioxidants, fiber and essential oils. Blackberries are different than black raspberries.

# Blackberries

# Blackberries

A tangy, nutrient-dense fruit, blackberries are loaded with antioxidants, fiber and essential oils. Blackberries are different than black raspberries.



## Health Benefits of Blackberries

**1 cup whole fresh blackberries provides:**

- 62 Calories, 2 gm protein, 8 gm fiber, 0.7 gm fat, no cholesterol

**Potential benefits of consuming blackberries:**

- Contain antioxidants vitamins C, E, and K, polyphenols, flavonoids, ellagic acid, anthocyanins, carotenoids and salicylic acid giving it top scores for protection from aging and disease
- Seeds are a source of essential omega 3 and omega 6 fatty acids
- Contain B vitamins thiamin, niacin, riboflavin, folate and minerals iron, calcium, magnesium, phosphorous, potassium and zinc
- These nutrients protect against heart disease and cancer, prevent bone loss and boost immunity and brain function
- Select fresh blackberries with a deep, dark color and consume within 3-4 days or freeze

# Blackberries

A tangy, nutrient-dense fruit, blackberries are loaded with antioxidants, fiber and essential oils. Blackberries are different than black raspberries.



## Health Benefits of Blackberries

**1 cup whole fresh blackberries provides:**

- 62 Calories, 2 gm protein, 8 gm fiber, 0.7 gm fat, no cholesterol

**Potential benefits of consuming blackberries:**

- Contain antioxidants vitamins C, E, and K, polyphenols, flavonoids, ellagic acid, anthocyanins, carotenoids and salicylic acid giving it top scores for protection from aging and disease
- Seeds are a source of essential omega 3 and omega 6 fatty acids
- Contain B vitamins thiamin, niacin, riboflavin, folate and minerals iron, calcium, magnesium, phosphorous, potassium and zinc
- These nutrients protect against heart disease and cancer, prevent bone loss and boost immunity and brain function
- Select fresh blackberries with a deep, dark color and consume within 3-4 days or freeze