



Blueberries

Did you know that blueberries have many anti-aging properties? Blueberries, considered to be a “super food” can help you feel great and live life to the fullest!

Blueberries:

- Decrease high blood pressure and cholesterol
 - Prevent some types of cancer
 - Reduce arthritis pain
 - Prevent bladder infections
 - Reduce age related short term memory loss
 - Prevent stroke
- ✓ A diet rich in antioxidants helps our body replenish cells that are damaged and as a result can help prevent age related diseases such as dementia.
- ✓ Blueberries are a rich source of antioxidants and a very nutritious food as part of a healthy diet.

Blueberries contain these essential nutrients:

- ✓ Vitamin C
- ✓ Vitamin E
- ✓ Thiamin
- ✓ Riboflavin
- ✓ Niacin
- ✓ Potassium
- ✓ Copper
- ✓ Vitamin B₆

Blueberries are also a source of dietary fibre!

Over the past year the percentage of blueberries grown has increased by 19% due to the information discovered about its super nutritious properties!

- **Stay active and on the go by including blueberries in your weekly diet.**





- **Make 5 of your 7 fruits and vegetable servings antioxidant rich for excellent health.**
- **One serving of blueberries is about half a cup raw.**

Blueberries are readily available at your local grocery store in the produce section. They can be bought fresh or frozen and are available year round!

Blueberries can be eaten in a variety of ways including:

- ✓ On pancakes
- ✓ In a fruit salad
- ✓ With yogurt
- ✓ In cereal
- ✓ Raw
- ✓ In muffins
- ✓ In tea biscuits
- ✓ In some deserts

Their bright colour is attractive and desirable. Blueberries add flavor and texture in a variety of baked foods and delicious deserts!

Scientific evidence suggests that the blueberries' rich antioxidants help maintain brain function and prevent the following diseases:

- Alzheimer's disease
- Parkinson's disease



- **Be the best that you can be. Discover the benefits of this delicious fruit for yourself!**

