



# STRAWBERRIES

berry nice!

## DID YOU KNOW?

Berries are a nutritional powerhouse. In fact, blueberries ranked #1 in antioxidant activity when compared with other fruits and vegetables.

## THE BLUES THAT MAKE YOU FEEL GOOD.

Anthocyanin, the most abundant **flavanoid** in blueberries, gives them their brilliant color and acts as a powerful antioxidant. Research suggests that eating blueberries may help reduce the build-up of “bad” cholesterol and reduces the risk of heart disease, stroke and certain cancers. Other compounds in blueberries may help prevent urinary tract infections by preventing bacteria from sticking to urinary tract walls. Finally, in preliminary laboratory studies, blueberries were shown to decrease age-related memory loss.

## GET THE RED EDGE

Strawberries and raspberries contain **ellagic acid**. Eating just 1 serving (½ cup) of berries a day may improve heart health, lower blood pressure, reduce the risk for certain cancers and improve cognitive function.

Blueberries, strawberries and raspberries taste great and are BERRY good for you! Frozen berries are a great choice when fresh berries are not in season. Toss berries into yogurt, salads, desserts and sauces to enhance their nutritional value. For more information visit [www.5to10aday.com](http://www.5to10aday.com).

# BLUEBERRIES

