

FEATURED INGREDIENT: BERRIES



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

Did you know?

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!

Promoting Berries

This promotion focuses on local summer berries in a variety of menu items to help customers celebrate the summer berry season. An optional component is the "Berry Stand" to feature local berries for sale along with the feature berry desserts of the day. If berries from your direct local area are not available from your approved suppliers, ask for berries grown in your own province and failing that from any approved Canadian source. All berries must be purchased from approved suppliers. This promotion is not intended to feature imported berries.

Featured Recipes

Chocolate Cupcakes with Raspberries	82500A
Cheesecake with Fresh Strawberries	82210
Grilled Turkey Salad with Peaches/Blueberries (BC)	FG45120*
Spinach with Strawberries and Goat Cheese (V)	46500
Yogurt and Fresh Berries Parfait (BC)	82040D
Vanilla Cupcakes with Blueberries	82520
Dipped Strawberries	87100