

# BLUEBERRIES ARE...

## LOW IN FAT.

A one-cup serving contains only **80 calories** and virtually no fat.

## FULL OF PHYTONUTRIENTS.

Research suggests that the phytonutrients in blueberries, called polyphenols, have antioxidant and anti-inflammatory properties that may help lessen the inflammatory process associated with chronic conditions such as cardiovascular disease, cancer, and other age-related diseases.<sup>5,6,7</sup>

## FULL OF DIETARY FIBER.

A handful of blueberries helps satisfy recommended daily fiber intake.<sup>2</sup>

Fiber helps keep the body regular, the heart healthy, and cholesterol in check.<sup>3</sup>

## PACKED WITH VITAMIN C.

One serving delivers almost **25%** of one's daily requirement of vitamin C.<sup>2</sup>

**Vitamin C** aids collagen formation and helps maintain healthy gums and capillaries and a healthy immune system.<sup>3</sup>

## AN EXCELLENT SOURCE OF MANGANESE.

**Manganese** plays an important role in bone development and in converting proteins, carbohydrates, and fats into energy.<sup>4</sup>

