

Berry Good for You!

If you have ever had the pleasure of picking berries right from a garden or gathering wild berries in the woods, you already know how wonderful fresh berries are.

Most berries are naturally sweet and require little effort to prepare. Just rinse them under water and serve for a nutritious snack or dessert.

One cup of strawberries contains over *100 mg of vitamin C*, almost as much as a cup of orange juice. We need vitamin C for immune system function and for strong connective tissue. Strawberries also add a bit of calcium, magnesium, folate and potassium and only 53 calories.

One cup of blueberries offers a smaller amount of vitamin C, minerals and phytochemicals for only 83 calories. The same amount of cranberries is similar, but with only 44 calories, 1 cup of raspberries offers vitamin C and potassium for 64 calories.

You can choose other berries with similar nutrition, such as loganberries, currants, gooseberries, lingonberries and bilberries.

More Than Pretty Colors

Eating brightly colored berries, like strawberries, raspberries, blueberries and more, isn't only fun and delicious - it improves cardiovascular and brain health, and also slows the aging process. Numerous studies have shown that a high intake of fruits and vegetables reduces the risk of cardiovascular disease. The pigments that give berries their beautiful blue and red hues are also good for your health. Berries contain phytochemicals and flavonoids that may help to *prevent some forms of cancer*. Cranberries and blueberries contain a substance that may prevent bladder infections. Eating a diet rich in blackberries, blueberries, raspberries, cranberries and strawberries may help to reduce your risk of several types of cancers. Blueberries and raspberries also contain lutein, which is important for healthy vision.