



Blueberries

The Health Benefits of Blueberries

This tiny fruit contains the highest antioxidant capacity of all commonly-consumed fruits. They can protect your heart, lower blood pressure and improve brain function and memory.

One 1/2 cup of fresh or frozen blueberries provides:

- 42 Calories, 1 gm protein, 2 grams fiber, 0 fat, no cholesterol

Nutrients in Blueberries

- Great source of vitamins C and K and the mineral manganese which is important for brain and bone health
- The main antioxidant is in the group called anthocyanins, which gives the berries their distinctive color, and also protects against aging, cancer, heart disease, diabetes and dementia
- Polyphenol antioxidants significantly reduce inflammation
- A good source of fiber, blueberries can help prevent constipation and aid with weight loss efforts

For more information, visit our website:
www.advancedhealth.com/healthy-bytes-initiative

Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and these sponsors:





Give Your Family More of the Good Stuff!



OSU
Oregon State
UNIVERSITY
Extension Service

Berry Basics Blueberries, Blackberries and Raspberries

*Berries provide vitamin C and fiber.
They're also rich in antioxidants, which
may protect cells in your body.*



\$hop and \$ave

- ✿ Berries are in season, and might cost less, from about July to September. Buy extra and freeze for later.
- ✿ Choose firm, plump, full-colored berries. Avoid green berries as well as mushy berries with any mold.
- ✿ Packages should be free of liquid. Flip over the package and check the bottom too.



All Forms Count!

When fresh berries aren't in season, buy frozen. They'll cost less, and will keep for 8 to 12 months. Frozen berries work great folded into bread, muffin, or pancake batter. Or use them in smoothies, or eat them as a snack.

**Eating Berries?
Fresh or Frozen –
the health benefits
are the same!**

Longer Storage



Clean berries. Pick out any green, mushy or moldy berries. Place berries in a strainer and rinse fully. Pat berries dry with a paper towel or lay out on a shallow pan to dry fully.

Refrigerate washed or thawed frozen berries for up to 5 days. Thawed frozen berries will also keep in your fridge for 5 days.

Freeze washed and fully dry berries in a freezer-safe container or re-sealable plastic bag. For the best quality, use berries within 8 to 12 months. Label the container or bag with the date and quantity using a marker and tape.

Easy Berry Recipes

1. Overnight Oatmeal

Ingredients

- 1 cup old-fashioned **rolled oats** (raw)
- 1 cup low-fat **yogurt**
- $\frac{1}{2}$ cup non-fat or 1% **milk**
- $\frac{1}{2}$ cup **berries**, fresh or frozen
- $\frac{1}{2}$ cup chopped **apple**

Directions

1. In a medium bowl, mix oats, yogurt, and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours.
4. Serve scoops of oatmeal in small dishes, or spoon into small containers with lids for grab-and-go breakfasts.
5. Refrigerate leftovers within 2 hours.

Yield: 4 servings, almost 1 cup each

Prep time: 15 minutes

Chill Time: 6-12 hours

Go to
FoodHero.org for
more healthy
recipes with
berries.

Quick Ways to Use Berries

- Add berries to cold cereal or hot whole-grain cereal like oatmeal.
- Fold berries into bread, muffin, or pancake batter.
- Top green salads with berries.
- Eat fresh or frozen berries as a snack.

2. Super Sundae

Ingredients

- 1 cup vanilla low-fat **yogurt**
- $\frac{2}{3}$ cup canned chopped **peaches**
- $\frac{2}{3}$ cup fresh or frozen **blueberries**
- 2 tablespoons **granola**

Directions

1. Divide yogurt between 2 glasses, cups or bowls. Clear glass works well.
2. Spoon half of the peaches and blueberries on top of each serving.
3. Sprinkle each sundae with granola, and enjoy!
4. Refrigerate leftovers within 2 hours.

Notes

- Substitute any fruit you have on hand: try sliced bananas, canned mandarin oranges, or grapes cut in half.
- Try different flavors of yogurt, like lemon or strawberry.

Yield: 2 servings, 1 cup each

Prep time: 5 minutes