

# HEALTH BENEFITS OF BERRIES



- Loaded with vitamins and minerals
- High supply of antioxidants
- Protects your body's cells from damage<sup>1</sup>
- Prevents inflammation<sup>2</sup>
- Improves heart health<sup>3</sup>
- Lowers your risk of various cancers<sup>4</sup>
- Regulates blood sugar levels<sup>5</sup>
- Helps keep you feeling full and satisfies your hunger<sup>6</sup>

Berries taste great alone, in Yogurt, added to a Salad or blended as a Smoothie!

They also pair well with other items like Mint, Cheese and Chicken!



1. Skrovankova S. Bioactive Compounds and Antioxidant Activity in Different Types of Berries. *Int J Mol Sci.* 2015
2. Joseph SV. Berries: anti-inflammatory effects in humans. *J Agric Food Chem.* 2014
3. Jenkins DJA. The effect of strawberries in a cholesterol-lowering dietary portfolio. *Metabolism.* 2008
4. Cooke D. Anthocyanins from fruits and vegetables--does bright colour signal cancer chemopreventive activity? *Eur J Cancer.* 2005
5. Törrönen R. Berries modify the postprandial plasma glucose response to sucrose in healthy subjects. *Br J Nutr.* 2010
6. Howarth NC. Dietary fiber and weight regulation. *Nutr Rev.* 2001

