



Blueberries

Blueberries are sweet, nutritious and wildly popular. It is one of my go to fruits. They are very nutritious compared to most other fruits and are loaded with powerful antioxidants, some of which can increase the amount of antioxidants in your blood and safeguard your brain. Often labeled a superfood, they are low in calories and incredibly good for you.

Here are 10 proven health benefits of blueberries from healthline.com. Although not as high — calorie for calorie — in vitamins and minerals as vegetables, they're packed with antioxidants.

They are loaded with powerful antioxidant substances, including anthocyanins and various other plant compounds, some of which can cross the blood-brain barrier and exert protective effects on your brain. Several studies have examined the health effects of blueberries in humans. One study found that blueberries improved memory in older adults. Another study found that obese men and women with metabolic syndrome had a lowered blood pressure and reduced markers of oxidized LDL (bad) cholesterol after adding blueberries to their diet. This finding is in line with studies showing that blueberries increase the antioxidant value of your blood. Multiple test-tube and animal studies also suggest that blueberries can help fight cancer. Remember frozen can be just as good or better than fresh. Just make sure does not have added sugar or syrup.

A 1/2 cup serving of blueberries contains 25 percent of the recommended daily value for vitamin C and 3 grams of dietary fiber — and only **30 calories**. In addition, blueberries are juicy fruits, which means they contain mostly water.

Berries are some of the healthiest foods you can eat. They're low in calories and high in fiber, vitamin C, and antioxidants. Many berries have been associated with being beneficial for heart health. These include lowering blood pressure and cholesterol, while reducing oxidative stress.

In terms of nutrient value **blueberries are the world's healthiest berry.** Blueberries are full of antioxidants, vitamins, minerals, and antioxidants. Q: Which berry has the highest antioxidant content? A: Blueberries, cranberries, and blackberries have the highest antioxidant content out of any berry.

Berries are a great option for weight loss, as they have a high water content and the lowest GI (sugar response from body) of all fruits. Different berries have slightly different nutrient profiles, but they all contain essential vitamins and minerals that support general health.