

**7 HEALTH AND
NUTRITION BENEFITS
OF FRESH AND
FROZEN BLUEBERRIES**



**7 HEALTH AND
NUTRITION BENEFITS
OF FRESH AND
FROZEN BLUEBERRIES**



**7 HEALTH AND
NUTRITION BENEFITS
OF FRESH AND
FROZEN BLUEBERRIES**



**7 HEALTH AND
NUTRITION BENEFITS
OF FRESH AND
FROZEN BLUEBERRIES**



**7 HEALTH AND
NUTRITION BENEFITS
OF FRESH AND
FROZEN BLUEBERRIES**



**7 HEALTH AND
NUTRITION BENEFITS
OF FRESH AND
FROZEN BLUEBERRIES**



**7 HEALTH AND
NUTRITION BENEFITS
OF FRESH AND
FROZEN BLUEBERRIES**



**7 HEALTH AND
NUTRITION BENEFITS
OF FRESH AND
FROZEN BLUEBERRIES**





Healthy Skin & Healing 🌟👤

Blueberries have vitamin C that helps my scrapes heal fast and keeps my skin happy – so I can keep running, jumping, and playing!



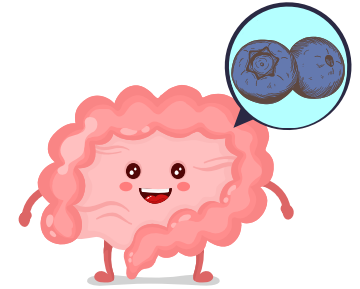
Strengthens the Immune System 🛡️🍇

Blueberries are my tiny bodyguards—they help me stay strong and keep the sniffles away with vitamin C.



Keeps the Heart Healthy ❤️🏃♂️

They're like tiny heart shields that keep my blood pumping like a superhero!



Improves Digestion 🌿📄

The fiber in blueberries acts like tiny sweepers, helping keep your tummy clean and things moving after a big snack!



Boosts Energy and Stamina ⚡🏀

They're my game-time fuel—perfect for scoring that winning goal!



Strong Bones and Growth 💪❤️

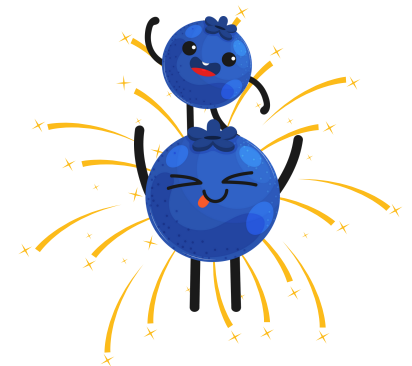
The Vitamin K and manganese in blueberries help my bones grow big and strong – so I can climb higher, ride my bike longer and play at the park all day!



May Help Fight Cancer 🛡️*

Blueberries are like superhero berries—they help my body fight off the bad guys!

Eating a diet low in fat and high in fruits (including blueberries) and vegetables may reduce your risk of some cancer.



BERRY BEST CARD

FIND MY MATCH AND GET 5 EXTRA POINTS



**7 HEALTH AND
NUTRITION BENEFITS
OF FRESH AND
FROZEN BLUEBERRIES**



**7 HEALTH AND
NUTRITION BENEFITS
OF FRESH AND
FROZEN BLUEBERRIES**



**7 HEALTH AND
NUTRITION BENEFITS
OF FRESH AND
FROZEN BLUEBERRIES**



**7 HEALTH AND
NUTRITION BENEFITS
OF FRESH AND
FROZEN BLUEBERRIES**



**7 HEALTH AND
NUTRITION BENEFITS
OF FRESH AND
FROZEN BLUEBERRIES**



**7 HEALTH AND
NUTRITION BENEFITS
OF FRESH AND
FROZEN BLUEBERRIES**



**7 HEALTH AND
NUTRITION BENEFITS
OF FRESH AND
FROZEN BLUEBERRIES**



**7 HEALTH AND
NUTRITION BENEFITS
OF FRESH AND
FROZEN BLUEBERRIES**





Healthy Skin & Healing 🌟👤

Blueberries have vitamin C that helps my scrapes heal fast and keeps my skin happy – so I can keep running, jumping, and playing!



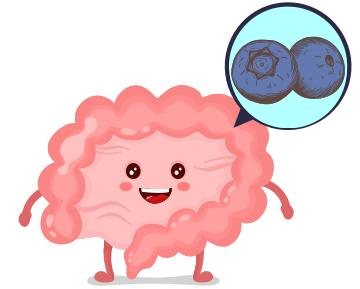
Strengthens the Immune System 🛡️🍇

Blueberries are my tiny bodyguards—they help me stay strong and keep the sniffles away with vitamin C.



Keeps the Heart Healthy ❤️🏃♂️

They're like tiny heart shields that keep my blood pumping like a superhero!



Improves Digestion 🌿📄

The fiber in blueberries acts like tiny sweepers, helping keep your tummy clean and things moving after a big snack!



Boosts Energy and Stamina ⚡🏀

They're my game-time fuel—perfect for scoring that winning goal!



Strong Bones and Growth 💪❤️

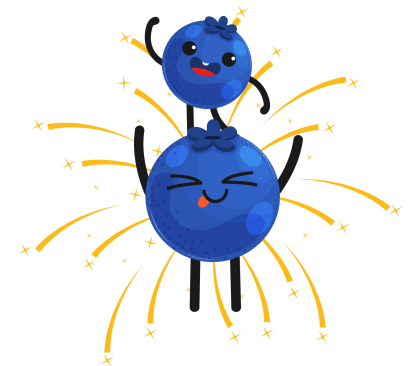
The Vitamin K and manganese in blueberries help my bones grow big and strong – so I can climb higher, ride my bike longer and play at the park all day!



May Help Fight Cancer 🛡️*

Blueberries are like superhero berries—they help my body fight off the bad guys!

Eating a diet low in fat and high in fruits (including blueberries) and vegetables may reduce your risk of some cancer.



BERRY BEST CARD

FIND MY MATCH AND GET 5 EXTRA POINTS

