CELEBRATE NATIONAL NUTRITION MONTH® WITH BLUEBERRIES

Happy National Nutrition Month®! This annual campaign, created by the Academy of Nutrition and Dietetics, emphasizes the importance of making informed food choices. This year’s theme – Celebrate a World of Flavors – is a time to embrace global cultures, cuisines and inclusivity. And what better way to do this than by eating more versatile fruits with a world of benefits, like blueberries. Whether fresh or frozen, a growing body of evidence shows that blueberries can help improve overall health as part of a healthy lifestyle.

HEART HEALTH

The American Heart Association (AHA) recommends eating an overall healthy dietary pattern that emphasizes a wide variety of fruits and vegetables, in conjunction with regular physical activity.¹ Look for the Heart-Check mark to find foods, like blueberries, that have been certified by the AHA as heart-healthy.¹

One serving, or a cup of blueberries:

1. Is considered one serving of fruit.
2. Contains just 80 calories and is a good source of fiber.
3. Contributes essential nutrients including vitamin C, vitamin K, manganese and phytonutrients called polyphenols.
4. Contains anthocyanins, which are compounds that give blueberries their blue color.

“What’s great about blueberries is that they are extremely versatile. You can take fresh blueberries almost anywhere or keep frozen blueberries stashed in the freezer to ensure a healthy and delicious snack is always at the ready.”

– Aedín Cassidy, PhD, Chair of Nutrition & Preventive Medicine and Director of Interdisciplinary Research Institute for Global Food Security, Queen’s University, Belfast, Ireland

Read the study

SIMPLE, YET FLAVORFUL RECIPES TO GRAB A BOOST OF BLUE

Blueberry Turmeric Smoothie

Chicken Satay with Blueberry Ginger Sauce

GrabABoostOfBlue.com
DIABETES MANAGEMENT

The American Diabetes Association (ADA) notes that fruit can fit into a diabetes-friendly meal plan, help to satisfy a sweet tooth and provide extra nutrition. Consult your physician to personalize your plan. In fact, including blueberries in your diet may offer health benefits and help manage your diabetes.2

“It’s a terrific idea to have blueberries on hand — 1 cup of blueberries is low in calories and carbohydrates (approximately 80 calories and 20 grams of carbohydrate) and most importantly blueberries taste great.”
– Kim Stote, PhD, MPH, RDN, Research Scientist at the Stratton VA Medical Center
Read the study

HEALTHY LIFESTYLES

Researchers are currently exploring how eating blueberries may help to address a wide range of public health concerns, including emerging scientific areas of interest like immune health, gut health and the microbiome and exercise performance. Importantly, blueberries help contribute to health, when incorporated into a healthy lifestyle.

“To limit fatigue and support muscle recovery with a nutrient-dense food, enjoying a blueberry-containing smoothie prior to a workout is a smart choice, and is even more important as your race or event approaches.”
– Jason Brandenburg, PhD, M.Sc, Director, School of Kinesiology, University of the Fraser Valley
Read the study

For recipes, health information, and all things blueberry, visit blueberry.org.

REFERENCES