

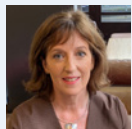
CELEBRATE NATIONAL NUTRITION MONTH® WITH BLUEBERRIES



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



“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**.”

– Aedin 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](#)



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.

SIMPLE, YET FLAVORFUL RECIPES TO GRAB A BOOST OF BLUE



Blueberry Turmeric Smoothie



Chicken Satay with Blueberry Ginger Sauce

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

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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.”³

– 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

1. American Heart Association. 2021. [The American Heart Association Diet and Lifestyle Recommendations](#).
2. Stote KS, Wilson MM, Hallenbeck D, et al. [Effect of blueberry consumption on cardiometabolic health parameters in men with type 2 diabetes: an 8-week, double-blind, randomized, placebo-controlled trial](#). *Curr Dev Nutr*. 2020 Mar 9;4(4):nzaa030.
3. Brandenburg, JP, Giles LV. [Four days of blueberry powder supplementation lowers the blood lactate response to running but has no effect on time-trial performance](#). *Int J Sport Nutr Exerc Metab*. 2019 Nov 1;29(6):636–642.

