

7 HEALTH AND NUTRITION BENEFITS OF FRESH AND FROZEN BLUEBERRIES

1. 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!

2. Strengthens the Immune System 🛡️ 🍇

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

3. Keeps the Heart Healthy ❤️ 🏃 ♂️

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

4. Improves Digestion 🌿 🍴

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

5. Boosts Energy and Stamina ⚡ 🏀

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

6. 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!

7. 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.



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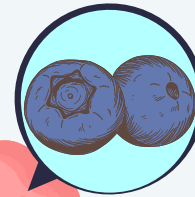
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