

BLUEBERRIES

Michigan and New Jersey produce 2/3 of all blueberries in USA



Native Americans were the first to incorporate berries into their diets



NUTRITION:

- 1 cup
- ⇒ A good source of potassium
 - ⇒ 0.5 g of fat
 - ⇒ Free sodium and cholesterol
 - ⇒ About 85 calories
 - ⇒ 21 g carbohydrates
 - ⇒ 3.6 g fiber



Blueberries were once called “star berries” because of the star shape crown on the berry



Early American colonist made grey paint by boiling blueberries in milk

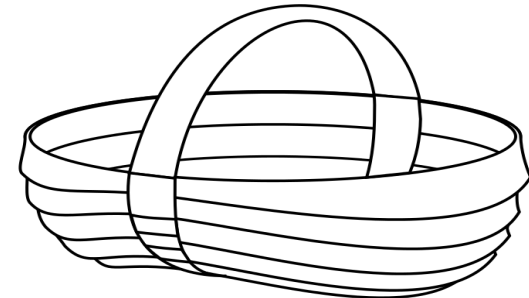


Commercial blueberries—both wild and cultivated—are native to North America

BENEFITS:

- Packet with antioxidants and phytoflavonoids
- Lower your risk of heart disease and cancer
- Anti-inflammatory
- Boost your immune system
- Helps maintaining healthy bones
- Helps lowering blood pressure
- Improve a person’s short memory

Can you fill the basket with Blueberries?



MORE:

- ◆ Pick berries that are firm and dry. Blueberries should have a white sheen called a “bloom”
- ◆ Keep berries in the fridge until you eat them. Wash them right before you eat, otherwise they get moldy
- ◆ Berries can be eaten raw as snack, added to salads, put in top of waffles and pancakes
- ◆ Berries can also be eaten in Parfait or in top of cereal like oatmeal
- ◆ Berries are a great sweet treat instead of candy