

# The Healthy Choice

We all know blueberries are a healthy fruit, but the exact ways in which they help us are the subject of ongoing scientific research. These studies provide us with promising clues as to how blueberries may help keep us healthy.

## Heart Health

Blueberries have been linked to lowering blood pressure<sup>1</sup>, as well as protecting the cardiac muscle during a heart attack and repairing damaged heart muscle.<sup>2</sup>

Here are just a few of the health benefits associated with blueberries!



## Improved Insulin Response

Research has shown that blueberries can improve insulin response, resulting in lower blood glucose levels and reduced abdominal fat.<sup>3</sup>

## Reduced Cancer Risk

Studies have shown a link between blueberries and reduced growth of breast cancer<sup>6,7</sup> and colon cancer<sup>8</sup> cells.



## Brain Health

A recent study indicates some types of age-related memory loss might not just be prevented but actually reversed by consuming blueberries.<sup>4</sup> Blueberries have also been linked to possibly treating Parkinson's disease.<sup>5</sup>

Visit [BCblueberry.com](http://BCblueberry.com) for more health information and scientific research.

# BC BLUEBERRIES

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## BLUEBERRIES ARE:

- a good source of Vitamin C - a ½ cup serving contains 10% of the Recommended Daily Allowance;
- naturally sweet but low in calories - a ½ cup serving has just 44 calories with virtually no fat;
- high in dietary fibre, with 2 g per ½ cup serving;
- an excellent source of antioxidants and flavonoids; and
- virtually sodium free.

## CANADIAN NUTRIENT FILE, 2010

	NUTRIENT NAME	UNIT	FRESH ½ CUP / 125 ML / 77 G	FROZEN, UNSWEETENED ½ CUP / 125 ML / 82 G
PROXIMATES	Energy (kCal)	kCal	44	42
	Energy (kJ)	kJ	184	174
	Protein	g	0.57	0.34
	Total Fat	g	0.25	0.52
	Carbohydrate	g	11.10	9.97
	Fibre, total dietary	g	2.0	2.6
	Moisture	g	64.51	70.91
MINERALS	Calcium, Ca	mg	5	7
	Iron, Fe	mg	0.21	0.15
	Magnesium, Mg	mg	5	4
	Phosphorus, P	mg	9	9
	Potassium, K	mg	59	44
	Sodium, Na	mg	1	1
	Zinc, Zn	mg	0.12	0.06
	Copper, Cu	mg	0.044	0.027
	Manganese, Mn	mg	0.257	0.120
	Selenium, Se	µg	0.2	0.1
VITAMINS	Vitamin C	mg	7.4	2.0
	Thiamin	mg	0.028	0.026
	Riboflavin	mg	0.031	0.030
	Niacin	mg	0.320	0.426
	Pantothenic acid	mg	0.095	0.102
	Vitamin B-6	mg	0.040	0.048
	Folate, naturally occurring	µg	5	6
	Vitamin B-12	µg	0.00	0.00
	Vitamin K	µg	14.8	13.4

g=grams mg=milligrams kCal=kilocalories kJ=kilojoules µg=micrograms

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