GRAB A BOOST OF BLUE

An easy way and nutritious solution to eating well – just grab a handful, rinse and enjoy!

BOOST YOUR DAILY RECOMMENDED SERVINGS OF FRUIT.

Blueberries contribute phytonutrients called polyphenols. This group includes anthocyanins (163.3 mg/100 g), plant compounds that give blueberries their beautiful blue color.

GET 4 ESSENTIAL NUTRIENTS.

1. Fiber
   Heart health, feeling full, staying regular, keeping cholesterol in check

2. Vitamin C
   A healthy immune system

3. Vitamin K
   Bone metabolism, regulating blood clotting

4. Manganese
   Converting proteins, carbs and fats into energy, bone development

1 Serving
80 Calories

KNOW WE’RE ALWAYS LEARNING MORE.

Blueberries may promote good health in additional ways. Areas of research:

Cardiovascular Health Brain Health Exercise Insulin Response Gut Health

FRESH OR FROZEN BLUEBERRIES ARE INFINITELY SNACKABLE.

Whether you’re just grabbing a handful on the go or sprinkling them into your favorite recipes for a healthful boost, you’ll love how versatile your blueberry stash can be!