

For more information, please contact
Patricia Schneider
psa.patricia@gmail.com
(415) 717-7995



Fresh Blueberries- The Tastiest Way to Boost Brains, Beauty and Health

Did you know?

- About 95% of Americans believe fresh is best when it comes to blueberries
- Today we can enjoy fresh blueberries all year thanks to blueberries from Chile where it's summer during our winter.
- A half-cup of blueberries packs plenty of fiber, vitamin C, potassium and antioxidants into only 40 sweet calories.
- Blueberries contain a natural chemical found in laboratory studies to prevent colon cancer.
- Blueberries contain more disease-fighting antioxidants than red wine or green tea.
- Half a cup of blueberries a day may help improve brain function plus help prevent Alzheimer's and dementia according to independent university studies.
- Blueberries not only lower risk of heart disease and cancer, they are anti-inflammatory.
- Some scientific evidence suggests that blueberries may be beneficial for the skin. New skin care treatments include blueberry extracts to help revitalize the skin and hasten healing.
- Blueberries provide the same bacteria fighters as cranberries to help guard against urinary tract infections
- Blueberries are considered a "super food" by leading nutrition and medical experts and a recommended diet staple for health, skin care and longevity.

FRESH TIP

For a super food snack, toss some blueberries together with walnuts and toasted oats laced with honey. Take along in a container to work or school. Or enjoy at home layered with vanilla yogurt as a perfect parfait.