

[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

- A good source of fiber, blueberries can help prevent constipation and aid with weight loss efforts
- Polyphenol antioxidants significantly reduce inflammation
- The major antioxidants are anthocyanins, which give the berries their distinctive color and protect against aging, cancer, heart disease, diabetes and dementia
- The major antioxidants are anthocyanins, which give the berries their important for brain and bone health
- Great source of vitamins C and K and the mineral manganese which is

**Nutrients in Blueberries**

- 42 Calories, 1 gm protein, 2 grams fiber, 0 fat, no cholesterol

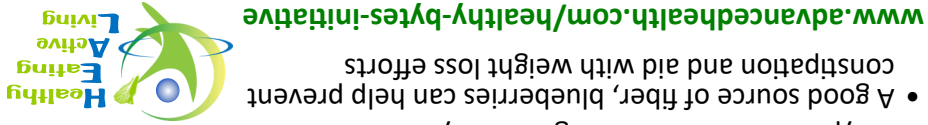
1/2 cup fresh or frozen blueberries provides:

**The Health Benefits of Blueberries**



This tiny fruit contains the highest antioxidant capacity of all commonly-consumed fruits. They can protect your heart, lower blood pressure and improve brain function and memory.

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