Beneficial Bites

Blueberries

Health Benefits:

* One of the highest antioxidant capacities of all foods
* May improve memory
* Acts as an anti-inflammatory
* Lowers LDL cholesterol
* Low in sugar

Did you know…?

* Blueberries are one of the few fruits native to North America
* The antioxidants in blueberries give the fruit their vibrant color
* Blueberries are the second most popular berry in the US diet behind strawberries
* 95% of the world’s blueberry crop is grown in North America
* Blueberries have a “dusty” appearance due to something called “wax bloom”. This protects the fruit from water and other damage. Do not wash off the bloom until just before eating!

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Check out the August menu for these “Blueberry” foods



Featured Recipes:

* Fresh Blueberry Parfait
* Triple Berry Custard
* Blueberry Muffin
* Blueberry Cobbler
* Blueberry Trifle Dessert





Created by Kathryn Hoff, MS,

UW-Stout Dietetic Intern, 2015

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