

EAT WELL, AGE WELL. BENEFITS OF BERRIES.

Benefits of Berries

Berries are one of my favorites to eat. They taste amazing and have many health benefits from the different compounds they contain. One of the compounds within the fruit is called an anthocyanin. The anthocyanin compound is responsible for the color of the fruit and has demonstrated the ability to improve memory, support immune health, heart health, and prevent cancers.

Berries are small and great for a snack or an inclusion of a meal. Their size should not fool you; they pack a punch of vitamins, minerals, and fiber. So put up your arms and defend yourself with berries such as blueberries, strawberries, or cranberries.

FROZEN STRAWBERRY YOGURT

Serves 1-2



Image by coolkrc from Pixabay

Ingredients:

- 2 cups frozen strawberries (unsweetened)
- 1 cup nonfat plain or Greek yogurt
- 1 Tablespoon sugar or honey

You can also use vanilla flavored yogurt and omit the added sugar listed above.

If you choose Greek or Icelandic Style yogurt, you will be getting double the protein of regular yogurt. Read the label to be aware of protein amounts.

You should aim for ~20 to 25 grams of protein or more 3 to 4 times a day to help your muscles stay. This is a refreshing lunch or snack idea.

Directions

- Wash hands with soap and water.
- Combine strawberries, yogurt and sugar or honey in a blender or food processor. If you are using vanilla flavored yogurt, do not add additional sugar. Blend until creamy, about 2 to 4 minutes.
- Serve immediately or freeze in an air-tight container or frozen treat molds for up to 1 month.

Notes

Frozen berries are a good choice when strawberries are not in season. Look for those with no sugar added.

Recipe adapted from:

<https://foodhero.org/recipes/frozen-strawberry-yogurt>

EAT WELL, AGE WELL: BENEFITS OF BERRIES

Berries

Berries have many health benefits and can be purchased either fresh or frozen.

The health benefits of berries include not only the nutrients they hold but they also can help with inflammation, protect from cell damage, decrease mental decline and many other health benefits.

Berries hold a lot of nutritious value. Berries have vitamin C, fiber, folate, and are fairly low in calories.

Berries can be added to almost any of your favorite sweet treats and even breakfast food!

Berry Good Berry Spinach Salad

Serves 2

Ingredients:

- 3 cups baby spinach
- 1 cup strawberries, halved
- ¼ cup raspberries
- ¼ cup blueberries
- 1/3 cup feta cheese, crumbled
- 1/3 cup red onion, thinly sliced
- ¼ cup pecans, chopped
- ¼ cup raspberry vinaigrette dressing

Directions

1. Add the spinach, strawberries, raspberries, blueberries, red onion, feta cheese and pecans to a large mixing bowl and toss together.
2. Serve the salad with the raspberry vinaigrette dressing.



Photo courtesy of Pixabay.

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Can Berries Help Prevent Alzheimer's?

What's your most potent weapon against Alzheimer's disease? It could be Berries!

Research has shown they can stop the process of neurodegenerative disease (A type of disease in which cells of the central nervous system stop working or die) this can lead to dementia. Berries help clean up inflammation in the brain. This prevents amyloid protein from tangling up and forming the plaques that are the hallmark of Alzheimer's disease.

How many berries should you eat? The MIND diet guidelines recommend eating two 1/2 cup servings of berries each week. Many researchers advise eating berries every day for best brain health.

Any Berry Sauce (2-4 servings)



Image by Couleur from Pixabay

Ingredients:

- ¼ cup cold water
- 1 Tablespoon cornstarch
- ¼ to ⅓ cup sugar
- 4 cups berries, fresh or frozen (blackberries, raspberries, blueberries, sliced strawberries or a mixture)

Directions

1. Wash hands with soap and water.
2. In a medium saucepan, mix together sugar, cornstarch, water and 2 cups of berries. Mash berries if desired.
3. Heat over medium heat, stirring often, until sauce starts to thicken.
4. Remove from heat and stir in remaining berries. Mash if desired.
5. Serve over pancakes, waffles, French toast, oatmeal, ice cream, or yogurt.
6. Refrigerate leftovers within 2 hours.

Notes:

- Leftover sauce can be refrigerated for up to 1 week.
- **To freeze the sauce**, replace the cornstarch in the recipe with Clearjel or Clear Jel, a special type of cornstarch.

Recipe adapted from <https://foodhero.org/>
(Visit the site for more recipes and nutrition information).

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Summer Berry Benefits

Berries are packed with antioxidants that work hard everywhere in the body to fight inflammation. They are best consumed in whole food form, not supplements.

Remember that berries are in season all summer long, so it is the best time to buy fresh berries! But do not forget that berries are available year-round frozen.

Blueberries can improve brain, eye, and heart health. All berries have specific components that help prevent us from contracting chronic conditions. Raspberries have fiber and polyphenols which help with a cancer-protective diet.

Strawberry Salsa



Photos by Nadi Lindsay pexels.com & Michael Sylvester from Pixabay

Ingredients:

- 1 ½ cups finely chopped fresh strawberries (about 1/2 pound)
- ½ jalapeno pepper, finely chopped
- ¼ cup finely chopped onion
- 2 Tablespoons chopped cilantro
- 1 ½ teaspoons lime juice



Directions

1. Wash berries and produce.
2. Chop all ingredients.
3. Mix all together in a bowl.
4. Refrigerate for 30 minutes or more before serving to allow flavors to blend.
5. Refrigerate leftovers within 2 hours.

Notes

Try adding to tacos or wraps for a sweet and zesty kick.

Recipe adapted from <https://foodhero.org/recipes/>