

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.



Rich in Flavor and Nutrients:

Berry



Berries are in season, let me say it again they are in season! If you can't tell, they are my favorite types of fruit for the varying sweet flavors they provide. This is not the only benefit they provide. They are rich in vitamin C, fiber, and antioxidants. Do me a favor and join in my excitement of berries such as blueberries or raspberries!



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Weekly Challenge:

To incorporate more fiber into the diet try a new berry such as blackberries, elderberries, or others.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Mikayla Lenz

Disease Prevention:

Berry



Berries are high in vitamins and minerals. There are many studies that demonstrate the benefits of blueberries, cranberry, raspberries, and more! They have been shown to prevent chronic and degenerative diseases, and protect against cancers. I recommend food as protection against diseases and eating berries can help do this.



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Weekly Challenge:

Try a recipe including a fruit bowl mixed with some berries such as raspberries or blueberries.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Mikayla Lenz 7-22

Berries Boost Brain Function:

Berry



Berries consumed in the diet are shown to increase brain performance. This includes memory, decrease brain cell damage.

They can also improve movement, control, and function in daily activities. This is great to hear that we have a direct way to improve the quality of our lives starting with eating delicious berries.

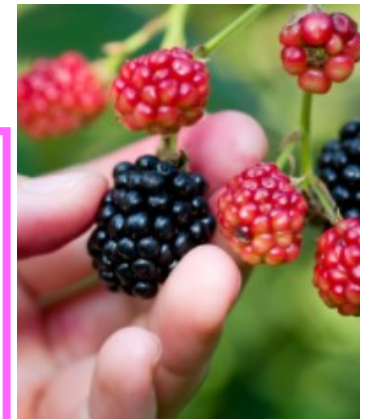


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Weekly Challenge:

Incorporate a berry into a dessert such as jam in frozen yogurt or a blueberry muffin or pie.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Mikayla Lenz



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Benefits of Berries

- 1. Antioxidants:** protect against cell damage.
- 2. Source of Fiber.**
- 3. Source of Vitamin C.**
- 4. Fight inflammation.**
- 5. Helps memory:** protects from mental decline.
- 6. Blood Sugars:** Unlikely to cause spikes in blood sugar.



Pixabay.com

Benefits of Berries

What can I make with berries?

- ◆ Smoothie
- ◆ Toppings for yogurt or ice cream
- ◆ Berry oatmeal
- ◆ Blueberry/Strawberry/Raspberry Pancakes

Weekly Challenge:

Try making a meal with berries.



Pixabay.com

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Benefits of Berries

Frozen vs. Fresh, is there a difference?

Berries that are fresh and frozen have about the same nutritional value.

Those that have just been harvested, typically do not have any chemicals on them, eliminating eating harmful chemicals.

Frozen berries are available all year round. But try to purchase when they are in season!

Weekly Challenge:

Try fresh and frozen berries!



Pexels.com

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Benefits of Berries:

Goji Berry



This fruit is grown on woody perennial shrubs in the Mediterranean and Central Southwest Asia. These berries are packed with vitamins and healthy fatty acids. These berries taste bittersweet and can be eaten raw or dried. It is common for these berries to be added to meat and vegetable dishes.

Weekly Challenge:

Create a unique dish with goji berries.

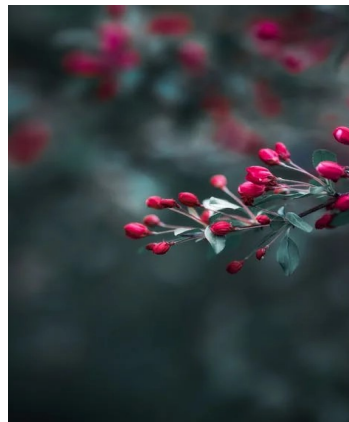


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Benefits of Berries:

Açaí Berry



Açaí bowls and smoothies have become quite popular. These açaí palm trees grow in Central and South America. Each tree can bear around 900 berries! They are similar to blueberries in appearance, but are about 80% seeds. They taste as a blend of chocolate and berries with a metallic aftertaste.

Weekly Challenge:

Try making a smoothie with açaí berries!



GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan 7-22

Benefits of Berries:

Amla Berry



The amla berries are said to come from the first tree to appear on Earth, manifested of the tears of Brahma while he was meditating. They are a great antioxidant and have unique healing properties. It contains about 4x as much vitamin C as in an orange. It has a slightly bitter and sour taste. You could consume them pickled, as curry, juice, or as powder.

Weekly Challenge:

Try learning about a new berry!

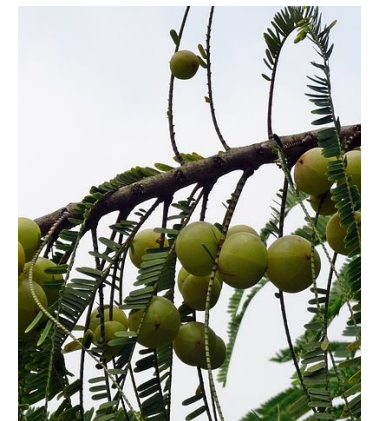


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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan 7-22

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Benefit of Berries: Fiber

There are high concentrations of fiber in the skin of berries, which is all over the berries. This helps control blood sugar levels. The many tiny seeds of berries also contribute to their fiber content. Only one cup of raw elderberries contains 10 grams of fiber!

A fiber enriched diet promotes bowel health by preventing constipation. Fiber can lower blood cholesterol levels as well a feeling of fullness.

Did you know one cup of raspberries contains more than twice the amount of fiber of blueberries?



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Weekly Challenge

Incorporate berries into one meal every day to reap fiber benefits.

GWAAR Nutrition Team in Collaboration with UW-Stout Dietetic Students by Marcelina Worden 7-22

Everyday Benefits from Berries



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- Most berries should not be washed until they are being used. Excess water can cause premature spoilage.
- Try fresh or frozen blueberries as a treat on a hot summer day! It pairs great with dark chocolate.
- You can use berries in a salad, glaze for meats, infused in water, or in warm meals like quinoa.

Weekly Challenge

Try incorporating berries into a new type of dish.

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Is Elderberry Effective?

You may have noticed elderberry juice shots, gummies, and lozenges have become very popular. People tend to grab these for the purpose of relieving symptoms of the cold and flu.

Elderberries are dark purple and grown on the European elder tree. The berries need to be cooked before consumed to inactivate a toxin that causes nausea and vomiting.

There is a limited amount of research on humans. The most recent research indicates elderberry supplementation showed no difference in severity or duration of flu symptoms.



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GWAAR Nutrition Team in Collaboration with UW-Stout Dietetic Students by Nicole Marcelina Worden 7-22

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