



Photos courtesy of Pixabay.com

## EAT WELL, AGE WELL.

### BENEFITS OF BERRIES

It is the peak of summer – that means it is berry season! Berries are packed with nutrients like fiber, antioxidants, vitamins, and minerals. These nutrients may help protect against inflammation and cancer. Additionally, berries may be beneficial for the heart, brain, and eye health. The benefits are plentiful! Benefits associated with the most common berries are:

**Blackberries:** fiber, vitamin C

**Strawberries:** vitamin C, manganese, and polyphenols (antioxidant-rich micronutrients)

**Blueberries:** antioxidants and inflammation-fighting anthocyanins

**Raspberries:** fiber and polyphenols (antioxidant-rich micronutrients)

Berries are a delicious source of nutrients. Enjoy them as a snack, ingredient, or accompaniment. They do not have to be fresh – frozen berries are beneficial as well!

Source: [www.aicr.org](http://www.aicr.org)

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## WEEKLY CHALLENGES

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TRY A NEW TYPE OF BERRY, LIKE ELDERBERRIES OR GOOSEBERRIES

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UTILIZE FROZEN BERRIES IN A DESSERT, JAM, OR FROZEN YOGURT

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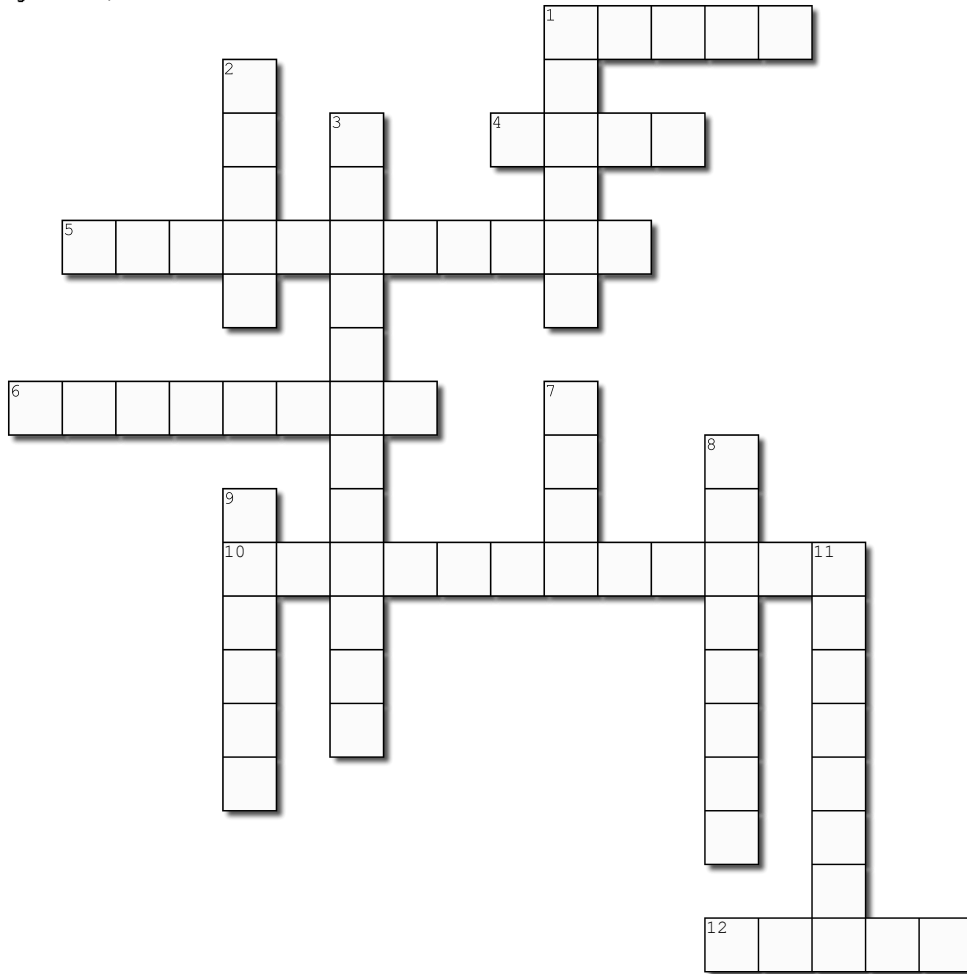
ADD BERRIES TO FOODS YOU ALREADY CONSUME, LIKE OATMEAL OR CEREAL

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DID YOU KNOW?  
JULY IS NATIONAL BERRY MONTH!

## Benefits of Berries

Complete the crossword puzzle below. Good luck and have fun!



Created using the Crossword Maker on TheTeachersCorner.net

### Across

1. The skins and small seeds of berries are high in \_\_\_\_\_ and help to control blood sugar levels.
4. These berries taste good dried or fresh and are packed with vitamins and healthy fatty acids.
5. \_\_\_\_\_ are known for improving eye, brain, and heart health.
6. Berries provide a lot of that help heal your body and booster your immune system.
10. These offer protection against cell damage.
12. Getting berries can eliminate any chemicals that may have been sprayed on them.

### Down

1. \_\_\_\_\_ and fresh berries have almost the same nutritional value!
2. Other than smoothies this is by far the best liquid to consume and makes up a large percent of our bodies!
3. Berries are known for their qualities against some cancers as well as chronic and degenerative diseases.
7. These berries may look a little like blueberries, but really, they are 80 seeds
8. keep your bones, muscles, heart, and brain working properly.
9. Adding berries to \_\_\_\_\_ is a great way to add color and flavor, you may not even need to use dressing!
11. Blending up berries with yogurt and milk make a delicious, healthy \_\_\_\_\_.