NATIONAL
Blueberry
MONTH

Blueberries are proof that good things come in small packages!

Blueberries are:

- nutrient-dense, meaning they are low in calories and provide many beneficial nutrients.

- one of the richest sources of antioxidants that help protect against disease such as heart disease, diabetes and cancer. The antioxidants found in blueberries may also improve brain function, particularly memory.

- a good source of fiber, providing 14% of your Daily Value in one cup. Fiber promotes a healthy gut and may help manage weight.

- a good source of Vitamin C and manganese. Vitamin C supports growth and development of tissues and promotes wound healing. Manganese contributes to the metabolism of amino acids, carbohydrates, cholesterol, and glucose.

Blueberries make eating right super easy. Simply wash and eat by the handful. Top on your favorite cereal or salad. Fold into muffins, pancakes, breads, hand-made burgers, meatballs or meatloaf. Whip into a smoothie or make a blueberry jam or sauce.

Eat the BeWell Way for Better Health

Blueberries are the perfect symbol for our BeWell wellness platform, which provides an eating pattern that is based on scientific evidence to promote health. Make your own BeWell plate by following the steps below.

1. Make a commitment to eating mostly whole foods vs processed foods, which will automatically limit artificial trans fat consumed.

2. Load your plate with plant-based foods, like vegetables, whole grains, and fruit, which will boost fiber.

3. Add a healthy fat such as walnuts, avocado, or olive oil during food preparation and 2 – 4 oz of lean or plant-based protein like poultry, seafood, legumes, nuts or tofu.

4. Try to include a daily probiotic food like yogurt, kefir, miso, or kimchi.

5. Be mindful of portion size and added salt. Try herbs and spices, like garlic, cumin, cilantro, ginger or fennel to flavor your food instead.

6. Limit added sugar. Opt for fruit as dessert most days of the week. Or try small pieces of health-promoting dark chocolate to satisfy your sweet tooth.

BeWell