

NATIONAL  
*Blueberry*  
MONTH

**NUTRIENT-DENSE** per 1 cup

LOW IN  
CALORIES

**84**  
calories

GOOD SOURCE  
OF FIBER

**14%**  
daily value

HIGH IN  
Vitamin K  
**36% DV**

Vitamin C  
**24% DV**

Manganese  
**25% DV**

LOW GLYCEMIC  
INDEX FOOD **40-53**

LOADED WITH  
DISEASE-FIGHTING ANTIOXIDANTS

**9,019** **13,427**  
cultivated wild

**BLUEBERRIES: SMALL, YET POWERFUL**

**A PERFECT SYMBOL FOR HEALTHY EATING  
AND OUR BEWELL WELLNESS OPTIONS**



*Promotes*  
Heart Health



*Improves*  
Brain Function



*Prevents*  
Cancer



*Stabilizes*  
Blood Sugars

 **BeWell** is Elior North America's wellness platform.

References: <http://www.todaysdietitian.com/newarchives/100614p42.shtml> | <https://www.webmd.com/diet/features/antioxidants-in-fruits#2> <https://ndb.nal.usda.gov/ndb/foods/show/2166?fgcd=&man=&facet=&count=&max=35&sort=&qlookup=09050&offset=&format=Full&new=&measureby=>

ELIOR NORTH AMERICA

