

# BLUEBERRIES & BRAIN HEALTH



Brain health is important at every age in the lifecycle, but especially relevant for older adults. Diseases such as Alzheimer's disease and other forms of dementia are most common in adults 65 and older, and the risk increases with age.<sup>1</sup> The older adult population is growing at a rapid rate, and according to the Centers for Disease Control and Prevention, the number of Americans 65 and older is expected to reach 71 million by 2030 and 98 million by 2060 – when older adults will make up nearly 25% of the population.<sup>2</sup>

Evidence suggests that eating a diet containing a variety of vegetables, fruits, nuts, beans and seafood during adulthood is associated with lower risk of age-related cognitive impairment, dementia and Alzheimer's disease.<sup>3,4,5,6,7</sup>

A growing body of scientific evidence is examining how blueberries can be part of eating patterns to support brain health, especially as part of an overall healthy lifestyle.<sup>8, 9, 10, 11</sup>

One serving, or a cup of blueberries:

- 1 Is considered one serving of fruit.
- 2 Contains just 80 calories and only naturally occurring sugars.
- 3 Contributes essential nutrients including vitamin C, vitamin K, manganese and phytonutrients called polyphenols.
- 4 This group includes anthocyanins (163.3 mg/100 g), which are compounds that give blueberries their blue color.

## NO-BRAINER RECIPES TO GRAB A BOOST OF BLUE



Blueberry Quinoa Power Bowl



Blueberry Turmeric Smoothie



Blueberry Almond Chicken Salad Lettuce Wraps



Easy No-Bake Glazed Blueberry Oat Bars

## REFERENCES

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