

Blueberries National Fruits & Veggies Month

Celebrate the Roots of our Food with Blueberries



Fruits and veggies are the foundations of our diets. They are the root of all health and wellbeing. Food is also a form of connectivity — whether that is connecting with the farmers and growers who care for our food from the ground up or using food as a means to connect with our loved ones. **September is National Fruits & Veggies Month (NFVM), a time to celebrate all the goodness that fruits and veggies — particularly blueberries — bring to our tables for our minds, our souls, our health and our happiness.**

This NFVM, the U.S. Highbush Blueberry Council (USHBC) is proud to partner with the Produce for Better Health Foundation (PBH) to help bring fruit and vegetable consumption to the national spotlight while Celebrating the Roots of our Food. **Throughout September, we'll walk you through the rich history behind every boost of blue.**

From the first seed to the first delicious bite, the blueberry journey is carefully planned and supported by dedicated individuals — **farmers, growers, packers, suppliers and more** — who ensure everyone can grab a boost of blue year-round.

A Boost of Blueberries: Food for Thought

80% of Americans don't meet their recommend intake of fruit¹. Blueberries are a simple solution to boost your daily fruit intake.

We invite you to join us in getting back to our roots this NFVM and take a moment to celebrate what makes blueberries nutritious and delicious — starting with some of our favorite recipes.

ONE SERVING, OR A CUP OF BLUEBERRIES:

- 1** Is considered one serving of fruit.
- 2** Contains just 80 calories and is a good source of fiber.
- 3** Contributes essential nutrients, including vitamin C, vitamin K, manganese, dietary fiber and phytonutrients called polyphenols.
- 4** Contains anthocyanins (163.3mg/100 g), which are compounds that give blueberries their blue color.
- 5** Is a good source of fiber and vitamin C, containing ~ 4g and 14 mg, respectively.
- 6** Is an excellent source of manganese and vitamin K, containing 0.5 mg and 0.25 mcg, respectively.



Food for Thought

“There is growing evidence that blueberries offer a myriad of health benefits including improving heart and brain health.”

– Aedin Cassidy, PhD, Chair of Nutrition & Preventive Medicine and Director of Interdisciplinary Research Institute for Global Food Security, Queen’s University, Belfast, Ireland



Blueberry Pumpkin Smoothie

Recipes to Celebrate the Roots of our Food & Grab a Boost of Blue



Blueberry Greek Salad In A Jar



Easy Blueberry Quesadilla



Blueberry Zucchini Bread



Blueberry Granola Cups



Tuscan Kale Salad with Blueberries



For recipes, health information, and all things blueberry, visit blueberry.org.