



Grab a Healthy Fall Boost with Blueberries

Fall is the perfect time of year to build a healthy routine and start back-to-school season on the right foot. **September also happens to be National Fruits & Veggies Month, a valuable opportunity to appreciate all the goodness that fruits and veggies bring to our tables for our minds, our souls, our health and our happiness.** And what better way to do that than by enjoying a simple, healthy and delicious fruit like blueberries. **Whether fresh or frozen, blueberries are the perfect grab and go snack for those busy back-to-school mornings and an easy lunchbox addition.** Plus, blueberries deliver crave-worthy flavor and beneficial vitamins and minerals, including four essential nutrients and phytonutrients.

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.



FALL BACK INTO A HEALTHIER ROUTINE AND GRAB A BOOST OF BLUE

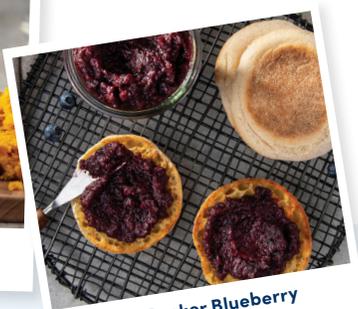
- **Involve the entire family in the process:** From picking out fresh or frozen blues at the grocery store or local farmer's market to taking a roadtrip and visiting a u-pick farm, everyone can have a role in inspiring healthy eating.
- **Hacks leads to healthier habits:** Research shows that low-frequency fruit and vegetable eaters can build confidence to double consumption through knowledge and use of hacks, like topping favorite foods (i.e. cereal, yogurt, etc.) with a fruit they already enjoy, like blueberries.
- **Simple swaps make a big difference:** Top that decadent dessert with blueberries instead of a less nutritious option (think candy or other sweets) for a pop of color and delicious, sweet-tart flavor.
- **Get the kids in the kitchen!** Have the kiddos recreate one of these kid-friendly recipes. They can even help with some of the prep to add their own boost of blue.



Blueberry Muffins



Blueberry Pumpkin Bread



Slow Cooker Blueberry Apple Butter

#DYK

Blueberries contain phytochemicals (i.e., naturally occurring plant chemicals) called polyphenols. In particular, **anthocyanins, which are a type of polyphenols that give blueberries their beautiful blue color**, have been studied for their health benefits such as their heart health benefits and antioxidant effects.