



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.



WHAT THE SCIENCE SAYS

New Research Finds Blueberries May Improve Inflammation Resolution After “Weekend Warrior” Exercise

A [new study](#) published in *Scientific Reports* found that eating the equivalent of one daily cup of blueberries (containing 805 mg/day total phenolics and 280 mg/day total anthocyanins) for 14 days before and four days after a 90-minute eccentric exercise session reduced post-exercise markers of inflammation in adults who exercise fewer than three times per week. Findings from this study suggest that diet plays an important role in the body’s response to exercise stress, and blueberries may be a particularly beneficial food for soothing post-exercise inflammation. **Blueberries can be a specifically valuable addition to the diets of weekend warriors because of their anthocyanin and vitamin C content (241.7 mg and 14 mg per 148g serving, respectively) and because blueberry intake augments release of anti-inflammatory oxylipins.**

Blueberries May Relieve Symptoms and Improve Well-Being in Patients with Functional Gastrointestinal Disorders

A [new study](#) published in *Nutrients* found that daily consumption of blueberries for 6 weeks, consumed as 30 g/day of freeze-dried highbush blueberry powder (equivalent to 1 ¼ cup of fresh blueberries), relieves abdominal symptoms and improves general markers of well-being, quality of life, and life functioning in patients with functional gastrointestinal disorders. Researchers note that the mechanism for these beneficial outcomes may be related to a reduction in gastrointestinal symptoms. Additionally, symptom relief is specifically attributed to the polyphenols in blueberries, which may have potential antioxidant, anti-inflammatory, antibacterial and neuroprotective properties.

Daily Consumption of Blueberries May Improve Endothelial Function in Postmenopausal Women with High Blood Pressure

A [new research study](#) published in *Food & Function* found that daily consumption of blueberries for 12 weeks, consumed as 22 g/day of freeze-dried highbush blueberry powder (equivalent to one cup of fresh blueberries), help protect blood vessels partly through the mechanism of reducing oxidative stress. These findings are noteworthy considering the high prevalence of endothelial dysfunction in a postmenopausal population and its central role in cardiovascular disease, the leading cause of death in the United States and globally.

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#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.

