

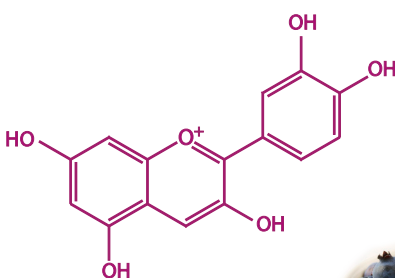


GRAB A BOOST OF BLUE

An easy way and nutritious solution to eating well – just grab a handful, rinse and enjoy!

BOOST YOUR DAILY RECOMMENDED SERVINGS OF FRUIT.

Blueberries contribute phytonutrients called polyphenols. This group includes anthocyanins (163.3 mg/100 g), plant compounds that give blueberries their beautiful blue color.



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GET 4 ESSENTIAL NUTRIENTS.

- 1 Fiber**
Heart health, feeling full, staying regular, keeping cholesterol in check
- 2 Vitamin C**
A healthy immune system
- 3 Vitamin K**
Bone metabolism, regulating blood clotting
- 4 Manganese**
Converting proteins, carbs and fats into energy, bone development

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KNOW WE'RE ALWAYS LEARNING MORE.

Blueberries may promote good health in additional ways. Areas of research:



Cardiovascular Health



Brain Health



Exercise



Insulin Response



Gut Health

FRESH OR FROZEN BLUEBERRIES ARE INFINITELY SNACKABLE.

Whether you're just grabbing a handful on the go or sprinkling them into your favorite recipes for a healthful boost, you'll love how versatile your blueberry stash can be!



Blueberry Turmeric Smoothie



Blueberry Lemon Ricotta Rice Cakes



Blueberry Coconut Roll-Ups



Blueberry Pistachio Parfait



Heart-Check certification does not apply to research, scientific information, or recipes unless expressly stated.

