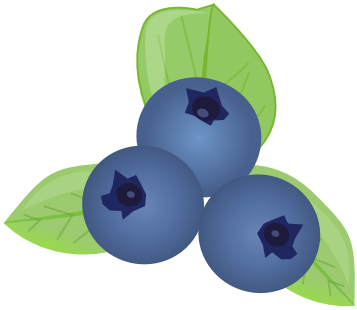
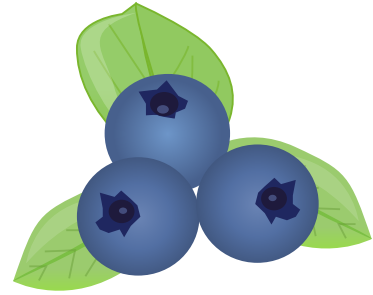


# Benefits of Blueberries



Blueberries

Rich in a group of antioxidants called anthocyanins.

Anthocyanins

Anthocyanins are powerful antioxidants that have been shown to inhibit free radicals from damaging cells in the body.

Prevent cancer

protect against cardiovascular diseases

Prevent neurodegenerative disorders of aging

Improve learning and memory

Tip

Do not wash blueberries until just before eating or putting in your recipes, otherwise they will becoming mushy.