What are Berries? Berries are juicy fruits that do not contain a stone in the middle.

What are examples of berries? Super food berries include: acai berries, acerola cherries, aronias, blackberries, blueberries, cranberries, goji berries, maqui berries, noni berries, raspberries, and strawberries.

What are the health benefits of Berries? Berries contain antioxidants known as anthocyanins. These antioxidants are responsible for reduced blood pressure and efficient blood vessel function. There are multiple benefits for each super food berry:

- Acai Berry: Reduces arthritis, cancer, weight, and cholesterol.
- Blackberry: Contains high levels of fiber, Vitamin C, and folic acid.
- Blueberry: Improves memory and reduces chance of heart attack.
- Cranberry: Helps with treatments for urinary infections, diabetes, and diarrhea.
- Goji Berry: Improves vision and immune system strength.
- Raspberry: Improves vision and immune system strength.
- Strawberry: Known as the powerhouse of berry super food’s, provides high levels of antioxidants and fiber.

How can berries be incorporated into my meals?

- Try adding fresh berries to your favorite yogurt for a breakfast or snack
- Add berries to your morning cereal – hot or cold
- Try mixing couscous with a fruit salad.
- Make a fruit smoothie.
- Try a strawberry salsa with avocado and tortilla chips
- Make a berry spread to use on your sandwich

References:  www.mnn.com
            www.eatingwell.com
            www.cookinglight.com