

Bosse Nutrition "Bite"



Benefits of Blueberries

What are the Benefits?

- Blueberries are the ultimate brain food—daily intake can actually reverse the deterioration of motor function associated with age
- They contain phytochemicals which appear to improve neurological function
- Blueberries contain anthocyanin, a natural compound linked with many health benefits including improved night vision
- They increase the release of dopamine the energizing & stimulatory neurotransmitter
- Blueberries contain powerful antioxidants that help prevent diseases and slow the aging process
- Blueberries help promote urinary tract health by preventing the bacteria responsible for urinary tract infections

Suggestions:

- Add blueberries to your morning cereal
- Blend blueberries with, yogurt, and juice for a refreshing and tasty smoothie
- Serve blueberries with low fat frozen yogurt for a sweet treat
- Pop blueberries in your mouth as refreshing snack during the day
- Use blueberries along with oatmeal to make low fat blueberry muffins or a fall blueberry crisp

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