

BLUEBERRIES



To Look for: Blueberries should be plump and juicy with a deep purple to blue-black skin color and a silvery sheen. Avoid blueberries with green color, or those that appear mushy, shriveled, or leaky.



At Home: To keep blueberries fresh, refrigerate as soon as possible. Store in refrigerator crisper for up to 2 weeks (best to use sooner). Blueberries can also be frozen in their original containers for longer storage. Rinse berries in clean drinking water directly before using.



Your Health: Blueberries are a nutrient-rich fruit:

- Good source of Vitamin C
- Source of Fiber
- Also include Vitamin A, iron and potassium.



Benefits: Eating more fruits, especially high fiber, Vitamin C rich fruits, reduces risk of cancer, heart disease and strokes.

- Vitamin C helps your body absorb iron and helps your immune system
- Vitamin A helps maintain vision and keeps your immune system healthy
- Fiber aids digestion and gives a feeling of fullness when eating
- Iron prevents anemia and potassium keeps up muscle function.

Nutrition Facts

Serving Size ½ cup (72g)

Amount Per Serving

Calories	Calories from
41	Fat 5

% Daily Value*

Total Fat 0.5g	0%
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Saturated Fat 0g	0%
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Cholesterol 0mg	0%
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Sodium 0mg	0%
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Total Carbohydrate 14g	5%
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Dietary Fiber 2g	8%
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Sugars 6g	
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Protein 1g	
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Vitamin A	-	Vitamin C
4%		11%

Calcium 0%	-	Iron 1%
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Additional Nutrition Information

Potassium 65mg **2%**



Tips to Eat More Blueberries: A serving of blueberries is ½ cup raw.

- Keep blueberries on hand for a quick snack or dessert.
- Add whole blueberries to cooked or uncooked breakfast cereal.
- Try blueberries on pancakes or waffles, or add them to the batter when making pancakes and waffles.
- Add fresh blueberries to your favorite muffin or bread recipes. Coating berries with flour before adding will make your batter less blue.
- For an easy snack make your own yogurt parfait with fresh blueberries and granola or high-fiber cereal. Add other fruits if desired.
- Add whole blueberries to green salads (try a salad with spinach or red leaf lettuce, 2 powerhouse spring vegetables) for tangy sweetness.
- Blueberries are also great in fruit salads!
- Make a quick smoothie by blending fresh blueberries with fruit juice, a banana, and yogurt. Try combinations with other fruits for variety.
- Use blueberries to make sauces to accompany meat, chicken or fish dishes, or even desserts.
- Or you can add blueberries to rice, pasta, chicken or tuna salads.
- Don't forget dessert! Make a blueberry milkshake with reduced fat ice cream, use as a topping for angel food cake or try reduced fat blueberry cobbler.



Quick Recipe Ideas:

- Make an easy blueberry sauce by combining 2 c. blueberries, ¼ c. each water and orange juice, 2 Tbsp. Sugar, 1 Tbsp. cornstarch, ground nutmeg and orange peel. Cook over medium heat for 5 minutes.
- **Summer Fruit Salad:**

- 1 c. strawberries, quartered
- 1 kiwi, diced
- 1 banana, diced
- 1 orange, sectioned and diced
- ½ c. raspberries
- ½ c. blueberries
- 1 c. grapes

Combine all ingredients and toss lightly.
Serve.

Makes 5 servings.

Per serving: Calories: 80, Fat: 0 g. (0%),
Cholesterol: 0 mg., Fiber: 4 g. (16%),
Sodium: 0 mg. (0%), Vitamin A: 2%, Vitamin
C: 90%, Calcium: 2%, Iron: 2%.



For One or Two:

To serve two follow same directions using:
½ c. strawberries, quartered, ½ kiwi, diced, ½
banana, diced, ½ orange, sectioned, ¼ c.
raspberries, ¼ c. blueberries, ½ c. grapes. Save
the rest or divide this recipe by 2 to serve one.

Modifications: If you have a citrus allergy,
omit the fruits to which you are allergic and
substitute fruits of your choice. If some fruits are
too expensive, substitute different fruits in season.

Storage and Freezing: This salad is best
eaten within a day or two of making. If you want
to make the salad ahead, add the bananas right
before serving. Leftovers make a great dessert, a
side, snack or breakfast.



Try this recipe with your family or
have your kids help you make it—it can be a good
way to introduce them to some new fruits with
familiar ones.