

Lets talk SUPER FOODS! We know BLUEBERRIES are incredible! Many of you know they look and taste great, but do you also know why they are SO HEALTHY for you? Well, read on to learn more.

A ½ cup of blueberries contains 42 calories, 0.55g of protein, 0.24g of fat, 10.72g of carbohydrates, 1.80g of fiber, and 7.37g of sugar.

Blueberries contain plenty of vitamins and minerals including vitamin C, folate, vitamin A, vitamin K, potassium, phosphorus, magnesium and calcium. Blueberries are known for their antioxidant properties, which is due to the fact that they are rich in phytonutrients, most notably anthocyanin — the same property that makes their skin blue. For that reason they may support the nervous system and offer disease-prevention benefits.

Vitamin C has many important functions in the body: it acts as an antioxidant, supports iron absorption, regenerates vitamin E supplies, helps develop collagen, and more.

Vitamin A is actually the collective name for a group of fat-soluble vitamins. Vitamin A has many essential functions, including helping with the formation of visual pigments (i.e. eyesight), assisting with immune function and wound healing, helping with embryonic development, and more.

Vitamin K helps with blood clotting, amino acid metabolism, cell signaling in bone tissue, and more. It is especially important right after birth, as it prevents excessive bleeding in infants.

Potassium is an essential mineral that the body can only obtain through food. Potassium is important for cell membrane behavior including nerve impulse transmission, cardiac function, and muscle contraction.

Phosphorus is an essential mineral the body can only obtain through food. Every cell in the body requires phosphorus. Some of its important functions include assisting with bone formation, energy transfer, hormone production, cell signaling, and more.

Magnesium is an essential mineral that the body can only obtain through food. It helps metabolize carbohydrates and fat, and synthesize protein and DNA. It also helps the body heal.

Calcium is known for its importance to bone and teeth health, but it has other important jobs, too: for example, it regulates nerve impulse transmissions, muscle contractions, and hormone secretions.

Phytochemicals are vital as they help the body ward off disease. Eating lots of fresh fruits and vegetables will help ensure that your body receives a good a variety of phytochemicals.

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