Nutrition Corner

There are about 30 different varieties of **blueberries** and they are native to North America. They can vary in size and range in color from blue to purplish-black.

Blueberries are known for their antioxidant properties and low calories at just 80 calories per cup. Antioxidants work to neutralize free radicals, which are unstable molecules in the body that have been linked to a number of diseases. **Blueberries** also have basically no fat.

Blueberries are filled with vitamin C. You get almost 25% of your daily requirement in just 1 serving. **Blueberries** are also high in fiber and are a great source of manganese, which is important for bone development.

Blueberries are great to eat raw or when added to cereals, salads, pancakes, muffins, smoothies, or desserts.