



Blueberry

Fun Facts

- The state of Maine produces more blueberries than anywhere else in the world.
- Blueberries are both cultivated (farmed) and found in the wild.
- Eating blueberries has been shown to reduce the risk for developing heart disease and cancer.

Purchasing and Storage

- Look for berries that are firm, dry, plump, and smooth-skinned.
- Avoid blueberries that look soft or shriveled or have any signs of mold.
- Refrigerate fresh blueberries when you get them home.
- Be sure to wash the berries just before you start snacking.
- Eat within 10 days of purchase.

Nutrition

Blueberries are...

- Low in fat: a one-cup serving contains only 80 calories and virtually no fat.
- Packed with vitamin C: 1 serving provides 25% of one's daily vitamin C.
- Full of dietary fiber.
- Excellent source of manganese.

