



A HANDFUL OF HEALTH

blueberry

Blueberries are full of endless possibilities! Whether you like them fresh, frozen, dried or canned, blueberries are at the front of the line when it comes to convenience, versatility and good nutrition.

DID YOU KNOW?



- Blueberries contain more antioxidants than most other fruits and vegetables and may help to prevent damage caused by cancer, heart disease and Alzheimer's.
- Blueberries are a great source of fiber and vitamins C and K.
- Consumption of blueberries may lower cholesterol and reduce the risk of inflammation.

SHOPPING, PREPARING AND STORING



- To freeze blueberries, arrange them in a single layer on a cookie sheet.
- Blueberries can be stored in the freezer for up to six months.
- Rinse blueberries immediately prior to eating them.

COOKING TIPS



- Blueberries flavor well with lemon, cinnamon, cloves, pecans, peaches, yogurt and mint.
- Add blueberries to batters or mixes at the last minute to prevent them from breaking.
- Use frozen blueberries in smoothies.

BLUEBERRY LEMON PARFAIT

serves 4

- 2 cups blueberries
- 1/4 cup granola
- 2 cups nonfat lemon yogurt



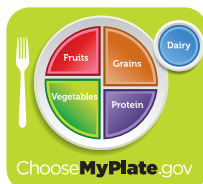
1. In each of four parfait glasses or tall wineglasses, place 1/2 cup blueberries.
2. Next, add 1/2 cup of yogurt to each glass.
3. Top each parfait with a tablespoon of granola.

Recipe adapted from *Fresh From Florida Kids*, Florida Department of Agriculture and Consumer Services

Calories: 115; Total Fat: 1 g; Saturated Fat: 0 g; Total Carbohydrates: 23 g; Protein: 6 g; Sodium: 79 mg

WELLNESS TIP

Make the most of your commute. Think about walking or biking for either a portion of or, even better, for the entire commute.



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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