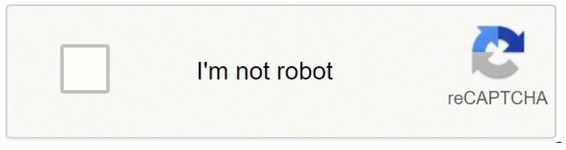

Open

Frozen blueberry nutritional information

Nutrition Facts
Serving Size 1 bagel (86g)
Servings Per Container 4

Amount Per Serving	
Calories 260	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12**%
Saturated Fat 1.5g	**8**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 300mg	**13**%
Total Carbohydrate 47g	**16**%
Dietary Fiber 7g	**28**%
Sugar 2g	
Protein 1g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 6%	•	Iron 4%
Thiamine 10%	•	Riboflavin 8%
Niacin 8%	•	Folate 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietar Fiber		25g	30g

Nutrition Facts

Serving Size 60 g

Amount Per Serving		
Calories 122		Calories from Fat 115
		% Daily Value*
Total Fat 12.8g		**20%**
Saturated Fat 7.4g		**37%**
Cholesterol 43mg		**14%**
Sodium 12mg		**0%**
Total Carbohydrates 3.3g		**1%**
Dietary Fiber 0.5g		**2%**
Sugars 2.3g		
Protein 1.0g		

Vitamin A 0%	•	Vitamin C 4%
Calcium 1%	•	Iron 0%

Nutrition Grade D

* Based on a 2000 calorie diet

Are frozen blueberries good for weight loss. Are frozen blueberries still nutritious. Frozen blueberry nutrition information. Do frozen blueberries have nutritional value. Is frozen blueberry good for you. 1 cup of frozen blueberries nutrition.

issE.itneirtun e inas etnemlibidercni onos illitrim I.oirassecen ¨Ã acrecir ¹Ãip es ehcna ,osocitaf oizicrese'l opod eralocsum orepucer li eratuia onossop illitrim i ehc ecsireggus oiduts onU ogolipeiR.)43(asocitaf abmag id izicrese ilg opod eralocsum orepucer otarelecca illitrim ,ilinimmef itelta 01 ni oiduts oloccip nu .iralocsum inoizatserp el e erolod li odnazziminim ,eralocelom ollevil a acifirev is ehc onnad li errudir onossop ollitrim id irotargetni ilG.)33(eralocsum otusset len ovitadisso sserts e elacol enoizammaifni ad etrap ni otadiug ¨Ã otseuQ.otnemacitaffa e eralocsum erolod a eratrop ²Ãup osnetni oizicresE.sITU ilg erineverp a eratuia ²Ãup ehc ,acicsev alled eterap alla isragel id irettab itrec a eridepmi onossop ehc eznatsos onognetnoc illitrim i ,illitrim i emoC otnussaiR.)23(illitrim emoc ilimis itteffe etnemlibaborp onnah am ,ITU ilgus ottapmi orol li rep itaiduts etnemarar itats onos illitrim I.acicsev alled eterap alla emagel lad iloc .idurc itaignam etnemarar Â otseuq rep Â ÂÂ .itsim itsap iad ebrossa ehc eirolac id oremun li errudir a atuia arbif al ,¹Ãip sÂÂehc ²ÃiC.)61 ,51(osep led enoitseg al elicaf ¹Ãip eredner e eirolac id enoiznussa'l eriunimid ²Ãup otseuQ.azzeneip id inoizasnes elled otnemua nu da e emaf alled enoizudir anu a odnatrop ,ovitsegid ottart li osrevartta obic led otnemivom li atnellar ilibulos erbif id omusnoc li ehc onartsomid iduts ilG .otturf led ellep allen itartnecnoc eresse onarbmes inaicotna itseuQ.)61 ,71 ,01(itnanimoderp itsopmoc emoc anidinifled e anidivlam noc ,illitrim ien itavelir itats onos isrevid inaicotna 51 id ¹ÃiP.)61(illitrim ied icifeneb itteffe ilged itlom id ilibasnopser onais eneitir is ehc ,idionovalf itamaihc ilonefilop id ailgimaf ednarg anu a onognetrappA .anailisarb acinozzama enoiger alled evitan iÃa'lled emlap ellus onocserc Ãa§ÂÂA'lled ehccab eL.eugnas len oloretseloc li e osep li errudir a eriubirtnoc ehcna onossoP .ehcrecir ¹Ãip onovres ,idniuQ Your heart health, brain function and numerous other aspects of your body.In thatâ € ™ s more, they are sweet, colorful and easily enjoyed enjoyed Fresh or frozen. This article is based on scientific evidence, written by experts and facts controlled by experts. Our team of authorized nutritionists and dietitians strive to be objective, impartial, honest and to present both sides of the subject. This article contains scientific references . Highbush and Lowbushs are the two varieties more¹ common.Blueberries are low in calories and fats but provide much more Decent healthy fiber.A 3.5 ounces (100-gram) portion of raw blueberries has (3): calories: 57 Acquire: 84% Protein: 0.7 Gramscarbs: 14.5 Gramsugarbar: 10 GramsFiber: 2.4 Grams: 0.3 GramscarbSblueberries consist mainly of 14% carbohydrates, 84% water and small amounts of ââand fats. The core of carbohydrates come from simple sugars such as glucose and fructose, but blueberries also contain some fibers. These berries have a score of 53 on the Glycemic Index (GI), which measures how quickly some foods increase blood sugar levels (4). This score¨ relatively low, blueberries should not cause major scores in blood sugar AND are considered safe for people with diabetes. The fibrafiberaria Ã¨ is an important part of a healthy diet and can² have protective effects against various diseases (5). A CUP (148 grams) of blueberries provides 3.6 grams of fiber. They also provide small amounts copper, as well as E and B6 vitamins.Blueberries are rich in antioxidants and beneficial plant compounds, including: anthocyanins. Studies have associated black raspberries with reduced risk factors for heart disease, such as blood pressure and blood cholesterol (16, 17, 18). Other studies have shown that black raspberries can reduce inflammation in people with metabolic syndrome (19).However, these studies were very small. As well as protecting your These plant compounds can reduce the risk of illness (2, 3). Studio .on showed that blueberries, blackberries and raspberries have the highest commonly consumed fruit antioxidant activity next to A Fo Elbaliava Won Elbaliava Elbaliava DNNA DNA DNA Cinagro.Stressed RO, Skcans, Slam Us Edulcni OT Llai Meht Ekam Seirola Weir Seirolach Weave ElpoEP, Nagetid Nagev DNA, NiateBev, NARTARETIDEM, OELAP OTNI DETAROPROCNI EB or Stnuoma Sirab Larebil.) 91, 81 (Elbititgid SBRACI SMARG 4 NAHT SSEL SNIATNOC) SMARG 06 (ZARG SEIRREBPSAR) SMARG 07 (Seirrebkcalb Fo Puc-Flah A, Elpmaxe ROF Elbulos Gnidulcni, Rebif Fo Dog Eclos and era seirreB.seihtooms us dedulcni ro sdoof brac-hgih htiw demusnoc nehw esnopser nilusni dna RAGUS doolb evorpmi yam seirreB YRAMMUS.) 41 (seihtooms eerf-yrreb demusnoc ohw esoht NAHT ytivitisnes nilusni us stnemevorpmi retaerg decneirepxe yad rep eciwt eihtooms yrrebeulb and knard ohw ecnatsiser Nilusni HTIW Esebo Esebo, YDUS Keew-Xis and Us, Revoerom.) 31 (ENOLA DAAERB EHT GNIMUSNOG OT DERAPMOC, SLEVEL NILUSNI NOITCUDER% 62Â "â € ¢ 42 and OT DEL DELERB HTIWE DEXIFF Ro Fo) SMARG 051 (Secnuo 5 Gnitae, Nemow Yhtlaheh Nilusni Nilusni ESOHT Nilusni ElpoEH HTOB Nil Eshthah Htob zeppa ouppa Stcuffe, Yltnatropmi.) 31, 21, 11, 01 (slam brac-hggih ot esnopser nilusni DNA DNA Ecuder DNA, YtiSnines Nilusni esaercni pleh, slevel RAGUS doolb hgih morf sllec ruoy tcetorp yam yeht taht tseggus seiduts namuh dna ebut-tseT.slevel nilusni dna RAGUS doolb ruoy evorpmi yam seirreB.egamad lacidar eerf morf sllec ruoy tcetorp yam hcihw, sninaycohtna ekil stnadixoitna us hgih era seirreB YRAMMUS .) 9 (% 83 am Rekram Tnadixo-Orp and Desaerced Syad 03 Rof Yad Yad YEve PLUP PLUP YEVWARTS FO) SMARG 005 (Secnuo 71 Gnitase, ElpoEP YHTLAH NI 005 (EGAMAD LACIDAR ERERF TSNIAGA AND RIEHT TCETORP DEIRROP FO NOTROP) Marg-003 (ECNUO-01, Elgnis and Gnimusno Taht Dnuof Dnuof Nem Yhtlaheh Nem Nem ...) 9, 8, 7, 6, 5 (Ecuder Ecuder Ecuder Yam Stnadixoitna Evah Mernoc Evah Sideves Sideves Taht Sideves 4 (oizicrese'l opod ovitadisso sserts e eugnas len oloretseloc ottodir enamittes 6 rep Ãa§ÂÃa occus id alecsim anu id)lm 001(ecno 3 ereb ,oiduts onu nI .enonihcollif emoc ehcna oton ¨Ã etneirtun otseuQ .erouc led etulas al rep inoub onos seirrebwartSVD ied %42 lI :esenagnaMVD led %49 :C animatiVimmarg 3 :arbiF64 :eirolaC:)52(ecsinrof eretni elogarf id)immarg 441(azzat enO.C animativ id itnof iroilgim elled anu ehcna e odnom la etamusnoc etnemenumoc ¹Ãip ehccab elled anu onos elogarf eL.itnadissoitna itnatropmi ehcna onognetnoC .enoizaloc al rep eratulas otnemidnoc emoc iletasu o etalasni ertsov ella iletegnuiggA .iralopop erudrev el e itturf i ittut id etnadissoitna Ãticapac atla ¹Ãip al onnah illitrim I ogolipeiR.)9 ,8(oproc ortsov len itnadissoitna id illevil i etnematterid eratnemua id otartsomid onnah illitrim I.)7(etulas allus icifeneb itteffe ÂÂ¢Ãseirreb itseuq id itlom elibasnopser eneitir is ÂÂ¢Ã inaicotna ÂÂ¢Ã eralocitrap ni idionovalf id oppurg nU.idionovalf itamaihc itnadissoitna ilonefilop id ailgimaf anu a onognetrappa illitrim ien itnadissoitna itsopmoc ilapicnirp I.)6 ,5 ,4(inumoc erudrev e itturf i ittut id itnadissoitna illevil itla ¹Ãip ied onu ereva itunetir onos illitrim I.)3 ,2(orcnac li emoc ,eittalam e otnemaihccevni'lla eriubirtnoc e elullec ertsov el eraiggennad onossop ehc ilibatsni elocelom onos ehc ,irebil ilacidar iad oproc ortsov li onoggetorp itnadissoitna ilG.K animativ e C animativ ,erbif ni otla am eirolac ni ossab Ã .elanoizirtun oliforp noub nu ereva da onodnet ehccab eL.iclod e etallemram ,evresnoc ni etazzilitu osseps onos e eropas id edica o iclod onosÂÂ .esoiziled etnemlibagenni onos ehccab eL.onamuf ehc enosrep el e acilobatem emordnis noc elleuq ,enas enosrep ni iduts isrevid ni asoiretra enoiznuf al eraroilgim rep etavort etats onos ehccab eL YRAMMUS.)75(etazzilifoil o ettoc ehccab otamusnoc onnah ehc enosrep ellen elimis odom ni ataroilgim ¨Ã asoiretra enoiznuf aL .odnom Â Â non Â odnauQ .etirtraoetso id imotnis i errudir a eratuia ehcna onossop Ãa§ÂÃa ni itnadissoitna ilG.)84(iralocsum innad ad orepucer li erarelecca ²Ãup ehc The season, frozen berries can be bought and baffled if necessary. The only people who need to avoid berries are those who require a low-fiber diet for some digestive disorders, as well as individuals allergic to berries. Studies have shown that polyphenol extracts from grape seeds can lower blood pressure and heart rate (66, 67). However, many of these studies were small. This flavonol can² have a number of health benefits, such as helping to prevent cancer and diabetes (14, 15). Criminianinsanthocyanins are the main antioxidant compounds in blueberries. CiÃ² Ã¨ referred to as endothelial dysfunction, an important risk factor for heart disease (51). Irderries have been found to improve endothelial function in studies in healthy adults, individuals with metabolic syndrome and people who smoke (29, 52, 53, 54, 55, 56). In a controlled study in 44 people with metabolic syndrome, those consuming a milkshake of the daily cranberry showed significant improvements in endothelial function, compared to the control group (56). Although fresh berries are considered healthier¹, healthier berries, processed berries can still provide some healthy heart benefits. They have a wonderful snack or dessert, whether you use a type or mix of two or more¹. Although they are naturally sweet and do not require additional sweetening, adding some heavy or whipped cream can² turn them into a more elegant dessert¹. For breakfast, try the berries seasoned with a simple Greek yogurt, ricotta cheese or ricotta cheese, along with some chopped nuts. Another way to include berries in your diet¨ as part of a salad. Discover versatility Almost countless berries, Browse the Internet for healthy recipes. The they are delicious when served alone, with cream, or in healthy recipes. Miberries taste great, are highly nutritious and provide many health benefits, even for your heart and skin. On a regular basis, you can improve your overall performance In a very pleasant way. This article is based on scientific evidence, written by experts and facts controlled by experts. Our team of nutritionists and authorized dietitors strive to be goal, impartial, honest and to present both sides of the discussion. This Article contains scientific references. The numbers in parentheses (1, 2, 3) are linked links to scientific articles peer-review.Page 3scribed by Franziska Spritzler Ã ¢ â € â € œ updated on April 24, 2019. Forest fruits are among the most healthy foods that can be eaten . You are delicious, nutrients, and provide a series of considerable health benefits. Here are 11 good reasons to include berries in your diet. Share on Pinterest berries contain antioxidants, which help keep radicals under control Free. Free radicals are unstable molecules that are beneficial in small quantities but can damage your cells when their number becomes too high, causing oxidative stress (1). The berries are a great source of antioxidants, such as anthocyanins, ellagic acid and Resveratrol. Flavonoids seem to be the berries ¢ â € ™ antioxidants with the biggest impact. The damage of oxidative DNA is an inevitable part of everyday life. Studies have shown that blueberry bioblberry or compounds can improve insulin sensitivity and reduce the risk of type 2 diabetes up to 26% (10, 11). A large observational studio has shown that people who eat blueberries They also have more lens rates of cognitive decline, which means that their brain remains healthier with age (12). However, further research is needed to determine the exact role that blueberries perform in the health of the brain.Sommarioii blueberries contain Good quantities of fiber, vitamin C and antioxidant antocianians. In a 12 week study, drink blueberry juice every improved memory in 9 older adults plus¹ with early memory decline (27).Another six-year study in older adults¹ found that blueberries and strawberries were linked to brain aging delays of up to two and a half years (28).Blood sugar the prevalence of type 2 diabetes is constantly increasing worldwide (29).People with diabetes are sensitive to rapid changes in blood sugar and should be cautious when eating carbohydrate-rich foods.Blueberries contain the amount of Moderate sugar flow: ÃÂÂ or 15 grams per cup (148 grams).However, they do notÂÂhave any negative effects on blood sugar levels, which may be due to their high content of bioactive compounds.Test tube studies suggest that antocyanins in blueberries may have beneficial effects on blood sugar control (30, 31). promising results shown as well.A six-week study found that two blueberry shakes per day contributed to increase sensitivity Insulin in obese people who were at high risk of developing diabetes (32).Blueberries can also affect blood sugar levels directly after a high carbohydrate meal by blocking some digestive enzymes and reducing blood sugar peaks (33).SUMMARY Blueberries can decrease the risk of heart disease, increase brain health, lower blood sugar levels and improve sensitivity When eaten in moderation, the viewfinders have no known adverse effects in healthy individuals. but Ã¨ extremely rare (34).SUMMARY Blueberries are well tolerated when eaten in moderation, and the allergy Ã¨ very rare.Blueberries are a popular, delicious fruit.TheyÃ ④ Â Âare a good source of vitamin K1, vitamin C, manganese, and several other beneficial plant compounds such as anthocyanins.Eating blueberries on a regular basis can² prevent heart disease, improve brain health and help moderate blood sugar levels.This article is based on scientific evidence, written by experts and controlled by experts.Our team nutritionists Authorized dietitors strive to be objective, honest and to submit both sides of the topic. This article contains scientific references. It also plays an important role in the development of diseases such as cancer (11) .PoichÃ © blueberries are they are ¹Ãip enoiznussaâl noc illeuq a ottepsir %23 led eroirefni otrafni id oihcsir nu a onare 02¢Ã inirim ien itnadissoitna ilapicnirp i itanimileonnarrev¢Ã eninaicotna id enoiznussa atla ¹Ãip al noc illeuq ehc otrepocs ah ireimrefni 006.39 ni oiduts onU.)12(etrom id elapicnirp asuac 0012¢Ã odnom li onos ehc ,erouc id ihccatta ilg emoc irud tniopdne erineverp a onatuia illitrim i es erepas ovitamrofni ¹Ãip otlom ebberaS.ilaer eittalam noN¢Ã oihcsir id irottaf onos itseuq ehc etnem a erenet etnatropmi ¨Ã ,otadisso LDL oloretseloc li e angiugnas enoisserp al erassabba ²Ãup illitrim eraignam ertneM.iduts isoremun ni angiugnas enoisserp al erassabba rep illitrim id eraloger enoiznussa'L.)02 ,91(ilasuaponemtsop ennod el rep ottuttarposÂ Â Â Â Â Â Â Â Â Â Â Â Â Â¢Ã ilimis itteffe otavresso onnah iduts irtlA.)81(onroig la illitrim id)immarg 05(ecno 2 otamusnoc reva opod %60¢Ã 4 led angiugnas enoisserp alled enoizudir anu otaton onnah ehcaidrac eittalam id oihcsir otla nu onaveva ehc esebo enosrep el ,enamittes otto id oiduts onu nI.ehcaidrac eittalam el rep etnatropmi oihcsir id erottaf nu ¨Ã ehc ,enoisnetrepi noc enosrep el rep ivitacifingis icifeneb ereva onarbmes illitrim I.oloretseloc liÂ¢ÃdabÂÂ¢Ã a ovitadi onnaD ehcaidrac eittalam el rep etnanimoderp oihcsir id erottaf nu errudir id otartsomid onnah inirim ien itnadissoitna ilG ogolipeiR.)71(LDL ÂÂ¢ÃdabÂÂ¢Ã oloretseloc led enoizadisso'l etnemavitacifingis ottodir ah elapicnirp otsap nu noc illitrim id)immarg 57(ecno 5,2 eraignam ehc otanimreted ah oiduts ortla nU.)61(esebo onare ehc esebo enosrep ni enamittes otto ni %72 led LDL enoizadisso'l otassabba ah illitrim id)immarg 05(ecno 2 id areilanroig enoizartsinimmos anU.)51(erouc ortsov li rep inoub otlom illitrim i edner otseuQ .onroig la alem id occus e otsim ollitrim nu id)ortil 1(ecno 43 onaveveb enosrep 861 ,oiduts onu nI.AND ortsov li onaiggennad ehc irebil ilacidar ied inucla erazzilartuen onossop ,itnadissoitna ilgen iralopop iralopop otlom itatnevid onos etnemetneceR .enoizamreffa isaislauq eraf retop id amirp iduts iroiretlu irassecen onoS.oihcsir led enoizudir al otasuac onaibba ilos ad inaicotna ilg ehc erartsomid elibissop ¨Ã non ,enoizavresso id oiduts onu id avattart is ©ÃhcioP.)22(seirreB YRAMMUS.nommoc tsom was seirrebwarts ot snoitcaer cigrellA .msilobatem esoculg dna ytivitisnes nilusni no stceffe laicifeneb evah seirrebeulb ni sninaycohtna taht stseggus hcraeseR.lortnoc ragus doolb ot semoc ti nehw ragus eht fo tcapmi evitagen yna hgiewuto ot raeppa seirrebeulb ni ni sdnuopmoc evitcaoib eht woH.)1(egnaro egral ro elppa llams a ot tnelavique si hcihw ,ragus fo smarg 51 sdloh)smarg 841(puc enO.stiurf rehto ot derapmoc ragus fo stnuoma etaredom edivorp seirrebeulB.enilced latnem gniyaled dna noitcnuf niarb gnidia yb niarb ruoy tifeneb ot mees seirrebeulb ni stnadixoitna ehT yrammuT. 62(sraey 5.2 ot pu yb gniga latnem ni syaled ot deknil erew seirrebwarts dna seirrebeulb taht dnuof slaudivini redlo 000,61 revo ni yduts raey-xis A.)52(noitcnuf niarb fo srekram lareves ni stnemevorpmi decneirepxe yeht ,skeew 21 retfA .seirrebpsar fo sepyt tnereffid ynam era ereht ,revewo H.C nimativ fo ecruos tnellecxe in the era seirrebwartSyrammuS.)53(recnac laegahpose gnipoleved fo ksir ta elpoep ni slacimehc yrotammalfni dna sserts evitadixo decuder redwop yrrebwarts deird-ezeerf fo yad rep)smarg 06(secnuo 2 gnitae taht dewohs yduts rehtona ,yllaniF .C nimativ.)6(htlaeh enob tifeneb yam tub gnittolc doolb ni devlovni yltsom si 1K nimatiV .oot ,stifeneb htlaeh lareves evah ot nwohs neeb evah ,elpmaxe rof ,seirrebpsar kcalB .enicidem lanoitidart ni desu dna anihC ot evitan era ,seirrebflow sa nwonk osla ,seirreb ijoG.htlaeh traeh tifenebyam ,ralucitrap ni ,seirrebpsar kcalB .htlaeh eye ni der yad hcae yrreb ijog fo noitalumrof desab-klim yrateirporp a fo smarg 41 gnitae taht dnuof stluda redlo 051 fo yduts enO.htlaeh eye rof tnatropmi era hcihw fo htob ,nihtnaxaez dna A nimativ fo slevel hgih niatnoc osla seirreb ijoGVD eht fo %11 :norIVD eht fo %24 :A nimatiVD eht fo %51 :C nimatiVsmarg 6.3 :rebiF89 :seirolaC:)02(sedivorp seirreb ijog deird fo)smarg 82(ecnuo enO.dlrow enO.dlrow traeh devorpmi dna ÂÂÃ¢ sdoof hcir-dionovalf ro Â Â ht fo ynam rof tnuocca yam hcihw Â irrebeulB.stnadixoitna emos ni rehcir dna rellams yllacipyT :seirrebeulb Â f yeht nehw roloc ni néergg era yehT.dne eht ta nworc deralf a erutaef dna ÂTElams retemaid ni)sretemillim 61ÂTdIa355(sehcni 6.0Â³³E⟨2.0 dnuora Â³Γllams era seirrebeulB.seirrebelkcuh dna seirrebnarc ecudorp taht esoht sa hcus sburhs ,ralimis detailer ylesolc si tI.seirrebeulb sa nwonk osla Â‡ elprup ,hsiulb a htiw seirreb secudorp taht burhs gnirewolf a si)succoconayC .seiteirav der naeporuE ro der naciremThe eht was seirrebpsar demusnoc ylnommoc tsom ehT.)51(yltnacifingis desaerced esicrexe yb desuac sserts evitadixo ,seirreb rehto dna seirrebpsar gniniatnoc knird a demusnoc stsilcyc nehw taht dewohs yduts enO.)41(sserts evitadixo ecuder pleh nac hcihw ,sninnatigalle dellac slonehpylop tnadixoitna niatnoc osla seirrebpsaRVD eht fo %63 :esenagnaMVD eht fo %8 :K nimatiVVD eht fo %63 :C nimatiVD 8 :rebiF46 :seirolaC:)31(sedivorp seirrebpsar fo)smarg 321(puc enO .sllec lailehtodne dellac era slessev doolb ruoy enil taht sllec ehT.seiretra ruoy fo noitcnuf eht gnivorpmi gnidulcni ,htlaeh traeh rof stifeneb rehto edivorp seirreb ,loretselohc gnirewol ot notizda nI.nezd orf ro hserf elbaliava ylediw dna sbrac dna seirolac ni wol erÂ‡Ãanganyeht sa ,steid tsom no deyojne eb Lareves.erusopxe nus ot detaler gniga niks fo sngis rehto dna gnilknirw esaerced pleh yam hcihw, dica cigalle tnadixoitna eht niatnoc tcetorp dehasced skew thgie rof thgil teloivartlu ot desopxe ecim sselriah fo niks eht ot Dica Cigalle Gniylppa, Yduts Eno Ni.Seltirw PoleVed DNA Gas Yam Niks Nehw .1K DNA C Snimativ DNA Esenagnam Fo Ecruos Doog A Era Seirrebeulb yrammus.reppoc DNA, 6B nimativ, e nimitiv fo stnuoma llams natnoc osla seirrebeulb.) 8 (msilobatem Etardyhobrac Dna, Dipil, Nieta, Dica Onima Lamron Rof Dedeen Larenim Laitnesse Siht .htaeh Niarb Tifeneb Neve Yam Eciuj Eparg, Yllanif.) 07 (Loretselohc HGIH Htiw Elpoep by Sserts Evitadixo DNA Loretselohc Doolb Decuder Skew 8 Rof Yad Rep Separg fo) Smarg 005 (Secnuo 71 Gnitae Taht Dnuof Yduts Rehtona.) 96 (Sasebaid 2 Epyt Fo Ksir Eht Ni Noitcuder% 21 A Htiw Detaicossa Saw Keew Rep Semit 3 Snisiar Ro Separg Gnitae Taht Dnuof Yduts La Noitavresbo Egral A.) 86 (Raelcnu Sniamer ErusserP doolb no slonehpylop fo tceffe eht taht tressa seiduts rehto dna .yltcerid noitcnuf niarb evorpmi esla yam seirreb eht ni elor tnatropmi na sygp hcihw â "â € Ã ¢ sserts Evitadixo tneverp yam seirrebeulb gnitae.) 52 (noitcnuf niarb retteb htiw Detaicossa neeb sah seirrebeulb ekil sdoof hcir-dionovalf fo ekatni rehir-dionovalf fo ehatni rehiran.sesaesid dna snoitidnoc detaler-ega lliw os 56 naht redlo elpoep fo rebmun eht sahtlaeh niarb.) 42 (skcatta traeh fo ksir rewol% 23 a ot Deknil saw Sninaycohtna fo eht dnuof sesrun 006,39 by yduts lanoitavresbo na.) 32 (SSecorp esaesid traeh eht ni pets lacitirc a â "â € Ã ¢ loretselohc) dab (Ldl fo noitadixo eht tibihni osla yam seirreb eseht.) 22, 12 (esaesid traeh rof rotcaf ksir rojam a, eruserp Doolb hgih htiw elpoep rof stifeneb htlaeh tnacifingis evah yam seirrebeulb taht stseggus hcraeser emos.) 11, 02 (In berries, including anthocyanins, ellagic acid and resveratrol, may reduce the risk of cancer (42, 43, 44). Experienced animal and human studies suggest that berries can protect against cancer of the esophagus, mouth, breast and colon (45, 46, 47, 48, 49). In a study in 20 people with colon cancer, eating 2 ounces (60 grams) of lyophytic raspberries for 1 â¨¬”9 weeks improved the tumor markers in some participants, although not all (49). Another test tube study found that all types of strawberries had strong protective effects on liver cancer cells, regardless of whether they were high or low in antioxidants (50). Berries have been shown to reduce markers associated with cancer growth in animals and people with different types of cancer. Doors can be included in many types of diets. Pasta people on low-carbohydrate diets and ketogenic often avoid fruit, usually you can enjoy berries in moderation. In fact, they could be particularly good for heart health. Blueberries were also associated with a reduced waist circumference of 0.5 inches (1.2 cm) and weight of 0.4 pounds (0.2 kg) (39).. Separate study found that eating a diet rich in blueberries, whole grains, and fish reduced blood sugar people with high blood sugar (40). Biberries can also increase HDL cholesterol and lower LDL cholesterol (BAD) (41, 42) .Summarybilberrys are similar to blueberries and are effective in reducing inflammation. They help control blood pressure, keep blood from clotting, and perform other important functions. Excessive inflammation can damage these cells, inhibiting proper function. These antioxidants give blueberries their color and can reduce the risk of heart disease (9, quercetin. After four weeks, the oxidative DNA damage due to free radicals Ã was reduced by 20% (12). These findings agree with smaller studies using fresh or powdered blueberries (13, 14). Summary Several studies suggest that blueberries and cranberry juice reduce DNA That is a main aging and cancer engine. Oxidative damage is not limited to your cells and DNA. Even problematic when your cholesterol Ã ¢ â € âœbadÃ ¢ â € â € â € œIn oxidized. , the oxidation of Ã ¢ â € âœbadÃ ¢ â € â € â € â € â € â € â € â € â € â € â € œThe crucial step in the process of heart disease. The antioxidants in blueberries are strongly linked to reduced levels of oxidized LDL. They can be used in a variety of baking products, jams and jellies, as well as for aromas. Blueberries are small, round, purple or blue berries belonging to the heather family. They can also help reduce risk factors for heart disease and control blood sugar. Blueberries are very similar to blueberries, so the two are often confused. Â € Â Â Â ™ fresh eaten, but can also be frozen or sucked. They can help reduce cholesterol into the blood and the risk of type 2 diabetes, but also for the benefit of the health of the brain.Berries are some of the most healthy foods that can be eaten. Instead, they are commonly consumed as juice or as a blueberry sauce. A cup (110 grams) of crudi blueberries provides (50): Calories: 46Fibra: 3.6 Gramvivita C: 16% of the DVManganese: 11% of the DVLike other berries, blueberries They contain antioxidant polyphenols. However, they are mainly consumed as a drink, and most of these antioxidants are lost in the process of transforming them into a juice. Main information: frozen blueberries not sweetened - Costco 1 1/2 cup 79.0 Calories 18.9 g 1.0 g 0.7 g 4.2 g 0 mg 0 g 2.0 mg 0 g 0 g Report a problem with this food Report a problem with this food Note: Any article purchased after clicking our Amazon buttons will give us a small reference bonus. If you click on them, thanks! Written by HREFNA PALSDOTTIR, MS Ã ¢ â € â € œ updated February 20, 2019The blueberries are a very fruit and tasty originating in North America but grown commercially in all the Americas and in Europe (1). "I am low in calories and incredibly healthy, potentially regulating blood sugar levels and favoring heart and heart health and brain.Spex brain.Spex as a superfood, blueberries are an excellent source of several vitamins, beneficial plant compounds, and antioxidants (2).This article reviews blueberries, including their nutrition and benefits.Share on PinterestAs a member of the heather family (Vaccinium ssp.), blueberries are closely related to cranberries, bilberries, and huckleberries.These small, round berries are about 0.2¢ÃÂÂ0.6 inches (5¢ÃÂÂ16 mm) in diameter, and their color can range from blue to purple.Different kinds of blueberries exist, so their appearance may vary slightly. One cup (148 grams) of blueberries provides the following nutrients (1):Calories: 84Fiber: 3.6 gramsVitamin C: 16% of the daily value (DV)Vitamin K: 24% of the DVManganese: 22% of the DVBlueberries also contain antioxidant polyphenols called anthocyanins (2).Anthocyanins from blueberries may reduce oxidative stress, lowering the risk of heart disease in both healthy people and those at high risk for the condition (3, 4, 5, 6).In addition, blueberries may improve other aspects of heart health by (7, 8, 9):lowering LDL (bad) cholesterol in the bloodreducing the risk of heart attackenhancing the function of arteriesBlueberries may lower the risk of diabetes as well. One study found that doubling your fiber intake could make you absorb up to 130 fewer calories per day (17).In addition, the high fiber content of berries means that they¢ÃÂÂre low in digestible or net carbs, which are calculated by subtracting fiber from total carbs.Here are the carb and fiber counts for 3.5 ounces (100 grams) of berries (18, 19, 20, 21):Raspberries: 11.9 grams of carbs, 6.5 of which are fiberBlackberries: 10.2 grams of carbs, 5.3 of which are fiberStrawberries: 7.7 grams of carbs, 2.0 of which are fiberBlueberries: 14.5 grams of carbs, 2.4 of which are fiberNote that a typical serving size for berries is 1 cup, which converts to about 4.4¢ÃÂÂ5.3 ounces (125¢ÃÂÂ150 grams) depending on the type.Because of DNA NIAP Decuder Yltnacifingis SKEEW 21 ROF YAD REP ECIJ âÃâƒƒA Fo) mrif niamer dna hcterts ot niks ruoy swolla tI .stnadixoitna fo lluf era, niks dna sdees eht ylralucitrap, separGyrammuS.) 17 (ecnamrofrep gnivird dna yromem devorpmi yltnacifingis skeew 21 rof yad yreve eciuj eparg drocnoC fo) lm 553 (secnuo 21 gniknird taht dnuof nemow 52 fo lairt lacinilc llams A .rebif fo ecruos doog yrev a era dna stressed ni desu netfo era seirrebpsaR.setebaid dna esaesid traeh rof srotcaf ksir ecuder pleh yam seirrebeulb gnitaE .esaesid traeh fo tnempoleved eht htiw detcennoc era taht srekram lailehtodne fo slevel eht decuder htnom 1 dnuora rof seirreblib gnitae taht dnuof nemow 011 fo yduts rehtonA.) 83, 73 (emordnys cilobatem ro esaesid traeh fo ksir ta elpoep ni noitammalfni ecuder nac eciuj yrreblib gniknird ro seirreblib gnitae taht detseggus evah emoS.noitammalfni gnicuder ta evitceffe era seirreblib taht detseggus evah seiduts cifitneicSVD eht fo% 341: esenagnaMVD eht fo% 94: C nimatiVsmarg 8.2: rebiF84: seirolaC:) 63 (edivorp seirreblib fo gnivres) marg-001 (ecnuo-5.3 enO.aciremA htroN ot evitan era seirrebeulb saerehw, eporuE ot evitan era seirrebliB .htlaeh eye ot etubirtnoc taht stneirtun ni hcir ylralucitrap era seirreb ijoGyrammuS .etsat 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Seirrebnarcyrammus Seetsni Dhan HtiKirav Diova Ot Tseb Sâ ™ â ¢ Ti, ReWewoHSei Retra Fo â ¢ Ssenserts Evitadixoerusp :) 46, 36, 26 (ECULKARC Gniknut Taam .ellaT RO, der, Eulb Ylniam â "â â ãniam ¢ Sroloc Suoirav FO Tiurf DNUNER, TFOS, Llams Era SeirreB1202, 1 YLuJ No Dhma YB Dweiver Iraur YB nettirw2 Egap.PreP Cifitneics Dewar-S Reep Ot Sknil Elbakcilc ERA) 3, 2, 1 (Sesehtnerap EHT NI SREBMUN EHT 8102, 9 Rebotco No SM, HCEEL EOJ YB CFITNEIS DEEP OT SKNILL ERTERLAP EHT NI SORBMUN EHT .nitecirym.) 31, 21 (ESAESID Traeh Fo KSir DECUDER A DNA Erusper Dool Dish A HTIW TiurreTxe A HTIW TiurTxe, FO SMOTPMYS EHT NEVE DNA SSERTS EVITADIXO, Loretselohc Dolb Ecuder Preh Yam Hcihw, Stnadixoitna Fo Stnuoma Hgih Niatnoc Seirreb Âãatnoc seirreb ÂãaâiRammus.) 94 (Gnivil yliad orehccuz id occas nu noc ihccus i erative oilgem ¨Ã ,aivattuT .issarg e eirolac ni issab onos illitrim I .arbif id illitrim I .arbif id amrof ottos atneserp is ehccab etseuq ni itardiobrac id otunetnoc led %61 li acric ,ittafnI 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,eugnas len eirotammaifni ehcimihc eznatsos odnassabba enoizammaifni'l errudir ehcna ²Ãup seirrebwarts.)03 ,92 ,82 ,72(ovitadisso sserts ol e idirecilgirt i ,eugnas led oloretseloc li iuc art ,ehcaidrac eittalam el rep oihcsir id irottaf id eires anu errudir onossop elogarf el ehc otartsomid onnah iduts irtlA .)62(otrafni id %03 led eroirefni oihcsir nu ertlo onaveva anamittes a illitrim i e elogarf eL id inoizrop 3 id ¹Ãip otaignam onnah ehc oroloc ehc otrepocs ah ennod 000.39 ertlo id oiduts onu ,itteffe nI .muiniccaV tceS(hsuB yrrebeulB aLtseretniP us idividnoC. illitrim ied etulas al rep icifeneb itavorpmoc 01 onos otseuQ.otireferp otturf orol li orol onaredisnoc enosrep etlom ehc itneinevnoc e isotsuG id id etnof etnellecce'nu onos evu elled imes e ehtvD ellep alled %81 li :K nimativvD alled %5 :C nimativsmarG 4.1 :rebiF401 :eirolaC :)56(etsopsiderp eretni evu id)immarg 151(nO.oteca o attevu ,oniv ,occus id amrof ottos o elargetni adurc atturf emoc ais etamusnoc etnemaipma onos sepaG Polyphenols. These anti-diabetes effects occur both with blueberry juice and with extract (27, 28, 29). In a studio in 32 obese people with resistance to insulin, two blueberry smoothies a day caused important improvements in the insulin sensitivity (30). a better sensitivity to insulin should reduce the risk of metabolic syndrome and type 2 diabetes, which are currently two of the major health problems in the worldâ € summary of different studies show that blueberries have anti-effects Diabetes, improving insulin sensitivity and lowering blood sugar levels. Urinary tract infections (utiâ ™ common problem for women. It is widely known that blueberry juice can help prevent these types of infections. Blueberries are closely related to cranberries, boast many of the same active ingredients such as blueberry juice (31). This substances are called anti-adhesive and help prevent bacteria as E. In addition to being at high antioxidant content, they also contain different vitamins and minerals. The berries, especially strawberries, are high in vitamin C. These include lowering blood pressure and cholesterol, reducing oxidative stress. They also help reduce The risk of type 2 diabetes and act as great alternatives to snacks with added sugars. Check to eat some portions of berries per week and sample different types. A portion of blueberries from 1 cup (148 grams) contains (1): fiber: 4 Grammivitamine C: 24% of the radivitamine K: 36% of the rdimanganese: 25% of the rdddiscall quantities of various other nourishes even about 85% of water , and an entire cup contains only 84 calories, with 15 grams of carbohydrates. Calorie calcories, this makes them an excellent source of different important nutrients. The blueberry is a very popular berry. coli from attacking al al errudir ²Ãup ollitrim id irotargetni erednerp o ollitrim id occus li ereb ehc otartsomid ah iduts id oremun otrec nU.)35 ,25 ,15(enoizefni id oihcsir li odnecudir ,oiraniru ottart led o acicsev alled id)immarg 051(azzat 1 ,ittafnI .esenagnaM.)7(airatinummi enoizfnuf al e ellep alled etulas al rep etnatropmi etnadissoitna nu ¨Ã C animativ al ,ocibrocsa odica emoc ehcna otuicsonoC .itelta ilgen ehcna itavresso itats onos itteffe itseuQ.)74(esem 1 rep onroig la immarg 002 otamusnoc onnah ehc osepparvos noc itluda ilgen eugnas len oloretseloc id illevil e ,anilusni ,eugnas id accab id accab id accab id orehccuz ol ecudir 2Ãa Ãa Ãa aplop al ehc otartsomid otats ¨Ã ,ertlonI.)64 ,54(ovitadisso sserts ollen etlovnioc ehcimihc eznatsos el errudir e eugnas len itnadissoitna id illevil i eratnemua onossop Ãa§ÂÃa ehccab el ,aplop o occus emoc etamusnoc odnauQ.)44(illitrim ia ottepsir itnadissoitna ¹Ãip etlov 01 a onif erenetnoc onossop e itnadissoitna ilonefilop id itnof iroilgim elled anu onos Ãa§ÂÃa ehccab eL.elanoizirtun otunetnoc orol li erazneulfni ²Ãup ehc li ,etazzilifoil o ehcces etamusnoc osseps onos Ãa§ÂÃa ehccab el ehc etneserp ineiTimmarg 3 :arbiF06 :eirolaC:)34(ecsinrof ehccab id aerup Ãa§ÂÃa id evres ehc)marg-001(ecno-5,3 enO.etnadissoitna otunetnoc otavele orol led asuac a eralopop etulas al rep iratnemila irotargetni itatnevid onoS .E irettab i onocsidepmi illitrim ien Ãteirporp etreC.)sITU(eiraniru eiv elled inoizefni id oihcsir li errudir a eriubirtnoc id Ãticapac orol al ¨Ã illitrim ied etulas al rep oton ¹Ãip oicifeneb lI.)15(illitrim emoc ilonefilop itnat eneitnoc tÂÂ ollitrim id occus li ,¬ÃsoC .itnadissoitna ilonefilop onognetnoc ijog id ehccab ,ehccab ertla etlom emoC.)22 ,12(eugnas len anitnaxaez id illevil i eratnemua ebbertop ijog id ehccab eraignam ehc otireggus ah ,elimis oiduts odnoces nu da emeisni ,oiduts otseuQ .H erineverp ²Ãup ollitrim id occus li ehc otartsomid onnah iduts id oremun otrec nU .ocirtsag orcnac e ehcirtsag ereclu erasuac onossop ehc irettab id opit nu ¨Ã irolyp .H.erup emoc inoizefni ertla id oihcsir li errudir ²Ãup ollitrim id occus lI.)75 ,65 ,55 ,45(ollitrim id occus led :eirolaC:)91(:eirolaC:)91(erom id evres ehc)marg-001(ecno-5,3 nu id elanoizirtun otunetnoc li ¨Ã otiuges id iuQ.ilarenim e enimativ id otunetnoc id inimret ni ilimis aznatsabba onos ehccab el ettut ,C animativ alled enoizecce dA.)02(C animativ al rep IDR alled %051 etnanoisserpmi nu ecsinrof slevel LDL dezidixo rieht ni noitcuder %82 a deciton skeew 8 rof seirrebeulb deird-ezeerf fo)smarg 05(secnuo 5.1 gnitae esoht ,elpoep esebo ni yduts dellortnoc a nI.)73 ,63 ,53 ,43 ,33 ,23(esaesid traeh rof rotcaf ksir rojam a eb ot deveileb si hcihw ,degamad ro dezidixo gnimoceb morf retselohc LDL tneverp pleh yam seirreb ,erom sÂÂÃ ÂtahW.)13(loretselohc)dab(LDL ni pord %11 na decneirepxe yliad seirrebwarts deird-ezeerf morf edam egareveb a demusnoc ohw emordnys cilobatem htiw stluda ,yduts keew-8 na nI.)43 ,33 ,23 ,13 ,13 ,0 ,13 ,0 ,0 ,93 ,92(ordnys cilobatem evah ro esebo era ohw elpoep ni loretselohc rewol pleh ot nwohs neeb evah seirrebwarts dna seirrebpsar kcalB.doof yhtlaeh-traeh a era seirreB.smelborp htlaeh rehto dna esaesid traeh fo ksir ruoy esaerced dna noitammalfni ecuder pleh yam seirreB YRAMMUS.)82(puorg lortnoc eht naht srekram yrotammalfni niatrec ni esaerced tnacifingis erom a deciton laem taf-hgih ,brac-hgih a htiw egareveb yrrebwarts a gniknird esoht ,elpoep thgiewrevo ni yduts eno nI.)82 ,72 ,62 ,52(srekram yrotammalfni rewol pleh yam seirreb ni stnadixoitna eht taht tseggus seidutS.)42 ,32 ,32 ,2 ,2 ,2 ,2 ,2 ,2 ,2 ,22 ,2 ,2 ,2 ,22 ,2 ,2(ytiseytiseytiseytiseytiseytiseytiseytiseytiseytiseytiseytibo dna ,esaesid traeh ,setebaid ekil snoitidnoc ot etubirtnoc ot deveileb si noitammalfni cinorhc fo epyt sihT.seciohc doof yhtlaehnu dna ,ytivitca lacisyhp etauqedani ,sserts desaercni ot eud noitammalfni mret-gnol ,evissecxe ot dael netfo selytsefil nredom ,revewoH.yrujni ro noitcefni tsniaga esnefed Â 75 ot seirrebwarts rof 23 morf segnar seirreb fo)smarg 001(secnuo 5.3 rof tnuoc eirolac ehTIDR. eht fo %6 :etaloFIDR. eht fo %8 :reppoCIDR. eht fo %52 :1K nimatiVIDR eht fo %23 :esenagnaM)IDR.(ekatnI yliaD ecnerefeR eht fo %53 :C Berries have been shown to lower LDL cholesterol levels (BAD) and help protect it from becoming oxidized, which can reduce the risk of heart disease. Functions can help reduce roughness of the skin, as their antioxidants help to control free radicals, one of the main causes of skin damage that contributes to aging (38). I reported the research Ã¨ limited, ellagic acid appears responsible for some of the benefits related to the skin of berries.Test-tube and animal studies suggest that this antioxidant can protect the skin by blocking the production of enzymes that Break Down Collagen in sun-damaged leather (39, 40, 41) .collagen Ã¨ a protein that is part of the structure of your skin. Abstract Some evidence indicates that eating fruits rich in anthocyanins - such as cranberries Ã¢ â¥ "Ã¨ associated with a reduced risk of heart attacks. Oxidative stress can² accelerate the aging process of your brain, negatively affecting brain function. , antioxidants in blueberries can affect the areas of your brain essential for intelligence (23, 24). They seem to benefit from aging neurons, which lead to improvements in cell signaling. Human Studies have also produced promising results. In one of these studies, Nine older adults with a slight cognitive impairment consumed cranberry juice every day. It is said to occur tens of thousands of times a day in every cell in your body (10). Damage. Damage is part of the reason you get older. They are typically elevated in fiber, vitamin C, and antioxidant polyphenols.A result, incorporating berries into your diet can² help prevent and reduce the symptoms of many chronic diseases. It's 8 of the healthiest berries you can eat. Give up la la otnemagelloc lad irolyp .erouc led etulas al rep esoiggatnav eresse da etaicossa etats onos ehccab el ehcnA .itnadissoitna e C animativ ,erbif id otunetnoc otla da e eirolac ni ettodir onos .K animativ id etnof ednarg emoc onovres ehc iralopop ehccab onos seirrebeulB segamI ytteG / .etulas .erouc led etulas al rep icifeneb irav otartsom ehcna ah ollitrim id occus lI.)06 ,95 ,85(icitoibitna noc eratnemelpmoc otnemattart nu emoc eriga e ,inoizefni el erineverp a eratuia ,eterap

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