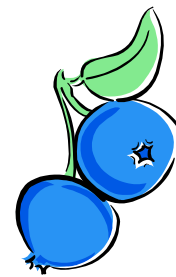


## **Blueberries- Are Berry Good For You!** **July is Blueberry Month!**



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We have all heard that we need to increase our consumption of fruits and vegetables. The Fresh Fruit & Vegetable Information Bureau encourages people to eat the recommended minimum of five servings of fruit and vegetables every day. According to the 5 a Day website, only 27% of women and 19% of men report eating the recommended five servings of fruit and vegetables every day.

Although all fruits and vegetables pack a huge nutrition punch, a study released by Tufts University is sending one fruit into the spotlight. **BLUEBERRIES!**

For centuries, people have enjoyed blueberries for their smell, flavor and color. The same thing that gives the blueberry its deep blue hue- a pigment called anthocyanin- appears to make it one of the healthiest food choices in the fight against aging.

Anthocyanin is a flavonoid, or a plant antioxidant. Antioxidants neutralize the effects of free radicals, which are unstable compound molecules that can attack human cells and damage their DNA.

In the Tufts study, blueberries consistently outscored other fruits and vegetables in its antioxidant activity. The Tufts study concluded, “increasing dietary intake of fruits and vegetables high in antioxidant activity may be an important component of a healthy living strategy designed to maximize cognitive function into old age”.

Blueberries are low in fat, sodium free, high in fiber and rich in vitamin C. In fact, 1 cup of fresh blueberries will give you five grams of fiber- more than most fruits and veggies- and 15% of your daily vitamin C at a cost of only 80 calories.

Try adding blueberries to your favorite breakfast cereal, mix with low fat yogurt, add a small amount of fat free milk to make berries -n-cream, throw in a blender with your other favorite fruits to make a smoothie. And last but not least, give this recipe a try! It was featured at Froedtert’s Sweetheart Fair and was a hit!

## Blueberry Crumble Pie -from cookinglight.com

5 cups fresh or frozen blueberries  
1 (9 inch) reduced fat graham cracker crust  
3/4 cup packed brown sugar  
3 tablespoons all-purpose flour  
1 1/2 teaspoons vanilla extract  
1/4 teaspoon grated lemon rind  
1 (8 ounce) carton low fat sour cream  
1/4 cup dry breadcrumbs  
1 tablespoon granulated sugar  
1 tablespoon margarine, melted

Preheat oven to 350 degrees

Place blueberries in crust; set aside

Combine brown sugar, flour, vanilla, lemon rind, and sour cream; spread over blueberries. Combine breadcrumbs, granulated sugar, and margarine; sprinkle over sour cream mixture. Bake at 375 degrees for 40 minutes or until set and crumbs are lightly browned. Cool 1 hour on a wire rack.

Nutrition info per serving:

312 calories, 56.6 gram carbohydrate, 11 mg cholesterol, 8.4 grams fat, 166 mg sodium, 3.2 grams protein, 61 grams calcium, 4.3 grams fiber

Sources: [www.blueberries.com](http://www.blueberries.com)  
[www.pubmed.com](http://www.pubmed.com)

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