

Blueberries nutrition facts Sweet, juicy blueberries are rich in natural *pro-anthocyanin* pigment antioxidants. These tiny, round blue-purple berries have long been attributed to the longevity and wellness of indigenous people living around subarctic regions in the Northern hemisphere.

Health benefits of blueberries

- Blueberries are very low in calories. 100 g fresh berries carry just 57 calories. Nonetheless, they possess essential health benefiting phytonutrients such as soluble dietary fiber, minerals, vitamins, and pigment antioxidants that contribute immensely towards optimum health and wellness.
- Blueberries are among the highest antioxidant value fruits. The **ORAC value of 100 g fresh blueberry is 5562 TE** (Trolox equivalents). Their antioxidant value mostly comes from **poly-phenolic anthocyanidin** compounds such as *chlorogenic acid*, *tannins*, *myricetin*, *quercetin*, and *kaempferol*.
- Additionally, they compose of other flavonoid antioxidants such as *carotene-β*, *lutein*, and *zeaxanthin*.
- Altogether, the phytochemical compounds in the blueberry help rid off harmful oxygen-derived free radicals from the human body, and thereby, protect it against cancers, aging, degenerative diseases, and infections.
- Further, research studies suggest that **chlorogenic acid** in these berries help lower blood sugar levels and control blood-glucose levels in type-II diabetes mellitus condition.
- Fresh berries carry small amount of vitamin-C, vitamin-A, and vitamin-E. Altogether, these vitamins work as potent antioxidants which help limit free radical mediated injury to the body.
- The berries also carry a small amount of B-complex group of vitamins such as niacin, pyridoxine, folates, and pantothenic acid. These vitamins are acting as co-factors that help in the metabolism of carbohydrates, protein, and fats.
- Furthermore, they contain a good amount of minerals like potassium, **manganese**, copper, iron and zinc. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure. Manganese used by the body as a co-factor for the antioxidant enzyme, *superoxide dismutase*. Copper required for the production of red blood cells. Iron required for red blood cell formation.



Strawberries nutrition facts Delicious, rich-red, sweet, yet gently tangy strawberries are among the most popular berries. These berries are native to Europe, however, nowadays cultivated in many temperate regions all over the world as important commercial crops. Botanically, the plant is a low-growing runner (creeper) belonging to the family of *Rosaceae*, in the genus: *Fragaria*.

Health benefits of strawberries

- Strawberry is low in calories (32 cal/100 g) and fats but rich source of health-promoting phytonutrients, minerals, and vitamins that are essential for optimum health.
- Strawberries have significantly high amounts of phenolic flavonoid phytochemicals called **anthocyanins** and **ellagic acid**. Scientific studies show that consumption of these berries may have potential health benefits against cancer, aging, inflammation and neurological diseases.
- Strawberry has an **ORAC value** (oxygen radical absorbance capacity, a measure of antioxidant strength) of about 3577 μmol TE per 100 grams.
- Fresh berries are an excellent source of **vitamin-C** (100 g provide 58.8 mg or about 98% of RDI), which is also a powerful natural antioxidant. Consumption of fruits rich in vitamin-C helps the body develop resistance against infectious agents, counter inflammation and scavenge harmful free radicals.
- The fruit is rich in the B-complex group of vitamins. It contains good amounts of vitamin B-6, niacin, riboflavin, pantothenic acid and folic acid. These vitamins are acting as co-factors help the body metabolize carbohydrate, proteins, and fats.
- Strawberries contain vitamin-A, vitamin-E and health promoting flavonoid poly phenolic antioxidants such as lutein, zeaxanthin, and beta-carotene in small amounts. These compounds help act as protective scavengers against oxygen-derived free radicals and reactive oxygen species (ROS) that play a role in aging and various disease processes.
- Furthermore, They contain a good amount of minerals like potassium, manganese, fluorine, copper, iron and iodine. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure. The human body uses **manganese** as a co-factor for the antioxidant enzyme, *superoxide dismutase*. Copper is required in the production of red blood cells. Iron is essential for red blood cell formation. Fluoride is a component of bones and teeth and offers protection from dental caries.