



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.

Blueberries contain more antioxidants than most other fruits and vegetables and may help to prevent damage caused by cancer, heart disease and Alzheimer's. Eating three or more servings of blueberries and strawberries per week may help women reduce their risk of heart attack by as much as one third.

Did you know?

- Research indicates that adding a half of a cup of fresh blueberries daily to an average healthy diet would essentially double the body's antioxidant level.
- Blueberries are a great source of vitamin C and fiber and contain almost no fat.
- Consumption of blueberries may lower cholesterol and reduce the risk of inflammation.

Florida blueberries are grown predominantly in Alachua, Desoto, Hardee, Highlands, Hillsborough, Lake, Manatee, Marion and Polk County.

Shopping, Preparing and Storing

- To freeze blueberries, arrange them in a single layer on a cookie sheet. This method will ensure that they freeze evenly, and you won't end up with a brick of frozen berries.
- Blueberries can be stored in the freezer for up to six months.

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.
- Rinse blueberries immediately prior to eating them.

BLUEBERRY SMOOTHIE

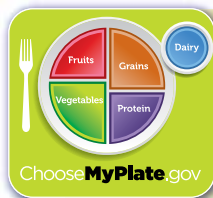
- 2/3 cup frozen blueberries
- 1 frozen banana, thawed for 10-15 minutes
- 1 1/2 teaspoons flax seed meal
- 1/2 cup low-fat milk
- 2 teaspoons honey
- 1 cup vanilla fat-free yogurt



1. Cut banana into small pieces and place into the blender.
2. Add the milk, yogurt, flax seed meal and honey.
3. Blend on lowest speed until smooth, about 5 seconds.
4. Gradually add the blueberries while continuing to blend on low.
5. Once the blueberries have been incorporated, increase speed and blend to desired consistency.



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FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.