Blueberries

Nutrition Facts

One Cup of Blueberries (148 grams) 85 calories
- Excellent source of vitamin C (25% DV)
- Excellent source of manganese (25% DV)
- Good source of fiber (16% DV)

Dole Recipe: Summer Peach & Blueberry Salad

(More recipes available at dole.com)

Serves: 2-3 Prep Time: 10 minutes

Ingredients:
1 pkg. (13.2 oz.) DOLE® Chopped Sunflower Crunch Kit
1/2 cup DOLE Blueberries
1 peach, pitted and chopped
2 tablespoons shelled pistachios, chopped
1 1/2 oz. goat cheese, crumbled
Salt and ground black pepper, to taste

Directions:
1. Combine salad and dressing in a large bowl.
2. Divide between 2 to 3 plates.
3. Top with salad toppers from packets, blueberries, peach, pistachios and goat cheese. Season with salt and ground black pepper, to taste.

Nutrition Facts

Serving Size: (129g)
Servings Per Container

Amount Per Serving
Calories 210 Calories from Fat: 130
% Daily Value* Total Fat 15g 23%
Saturated Fat 3.5g 18%
Trans Fat 0g 0%
Cholesterol 10mg 3%
Sodium 230mg 10%
Potassium 230mg 7%
Total Carbohydrate 17g 6%
Dietary Fiber 2g 8%
Sugars 11g
Protein 6g

Vitamin A 60% • Vitamin C 35%
Calcium 6% • Iron 6%
Vitamin K 110% • Folate 10%
Manganese 10%

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 65g 80g
Saturated Fat 20g 25g
Cholesterol 300mg 300mg
Sodium 2,400mg 2,400mg
Potassium 3,500mg 3,500mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ten Delicious Ways to Eat Blueberries

1. Create a blueberry compote or jam to enjoy on yogurt, oatmeal or whole wheat scones.
2. Blend blueberries into smoothies.
3. Use blueberries in whole wheat muffins, quick breads or coffee cakes.
4. Mix blueberries into quinoa, barley or other grain salads.
5. Toss blueberries into fruit or green salads.
6. Create a blueberry salad dressing.
7. Make a blueberry sauce to pair with chicken or fish.
8. Stir blueberries into pancake mix or make blueberry syrup.
9. Make blueberry pie, tart or crumble for dessert.
10. Roast blueberries to use on crostini or toasts.
Research

Institutions worldwide have studied blueberries and their important nutrients. Here are a few relevant studies and nutrition talking points:

Eating blueberries may help lower blood pressure.

*Daily Blueberry Consumption Improves Blood Pressure and Arterial Stiffness in Postmenopausal Women with Pre- and Stage 1-Hypertension: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial.*


Anthocyanins, phytochemicals in blueberries, may be beneficial for weight management.

*Anthocyanin enhances adipocytokine secretion and adipocyte-specific gene expression in isolated rat adipocytes.*


Eating blueberries may help prevent age-related memory loss.

*Short-term blueberry-enriched diet prevents and reverses object recognition memory loss in aging rats.*


Eating blueberries may help improve your mood.

*The impact of plant-derived flavonoids on mood, memory and motorskills in healthy older UK adults.*


Eating blueberries may help lower risk of some types of cancers.

*Evidence for anti-cancer properties of blueberries: a mini-review.*


Tweets

Powerful #antioxidants called anthocyanins give #blueberries their blue color

1 cup of #blueberries is just 80 calories and packed with fiber, manganese & vitamins C & K

Extra #blueberries in the kitchen? Use them in smoothies, muffins or homemade jams!

Make a simple #blueberry vinaigrette to add great flavor to salads.

#Blueberries are tasty in both sweet and savory recipes. What’s your favorite combo?

Observances

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>January 28</td>
<td>Blueberry Pancake Day</td>
</tr>
<tr>
<td>April 28</td>
<td>National Blueberry Pie Day</td>
</tr>
<tr>
<td>May 26</td>
<td>National Blueberry Cheesecake Day</td>
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<td>July 11</td>
<td>National Blueberry Muffin Day</td>
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<td>September 2</td>
<td>National Blueberry Popsicle Day</td>
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