Blueberries are sweet, nutritious and wildly popular.

Often labeled a superfood, they are low in calories and incredibly good for you. They’re so tasty and convenient that many people consider them their favorite fruit. They boost your heart health, brain function and numerous other aspects of your body.

Here are 10 health benefits of blueberries:

1. Blueberries are low in calories and high in nutrients.
   - Blueberries are among the most nutrient-dense berries. A 1-cup (148-gram) serving of blueberries contains:
     - Fiber: 4 grams
     - Vitamin C: 24% of the RDI
     - Vitamin K: 36% of the RDI
     - Manganese: 25% of the RDI

2. Blueberries are believed to have one of the highest antioxidant levels of all common fruits and vegetables.
   - The main antioxidant compounds in blueberries belong to a family of polyphenols antioxidants called flavonoids.

3. Reduce DNA damage.
   - Because blueberries are high in antioxidants, they can neutralize some of the free radicals that damage your DNA.

4. They are good for your heart!
   - The antioxidants in blueberries have been shown to reduce a predominant risk factor for heart disease by preventing oxidative damage to “bad” LDL cholesterol.

5. Regular blueberry intake is tied to lower blood pressure in numerous studies.

6. Some evidence indicates that eating fruits rich in anthocyanins is associated with a reduced risk of heart attacks.

7. The antioxidants in blueberries seem to benefit your brain by aiding brain function and delaying mental decline.

8. Several studies demonstrate that blueberries have anti-diabetes effects, improving insulin sensitivity and lowering blood sugar levels.

9. May help prevent UTIs
   - Like cranberries, blueberries contain substances that can prevent certain bacteria, which may help prevent UTIs.

10. May aid in muscle recovery.
    - One study suggests that blueberries may aid muscle recovery after strenuous exercise, though more research is needed.
Blueberries are chock-full of essential nutrients such as vitamin C, vitamin K, and the mineral manganese.

More Benefits of Blueberries

**They contain fiber!**
Fiber is for Heart health, feeling full, staying regular, and keeping cholesterol in check

A good source of vitamin C!
Vitamin C is used by our body's immune system and is necessary for the growth, development and repair of all body tissues. It's involved in many body functions, including formation of collagen, absorption of iron, the proper functioning of the immune system, wound healing, and the maintenance of cartilage, bones, and teeth.

**Vitamin K**
Bone metabolism, regulating blood clotting

**Manganese**
Converting proteins, carbs and fats into energy, bone development

Pack them as a snack for a trip to the beach, picnics, hike or time with family and friends.

Enjoy them after your workouts or before heading out on a run.

Keep a bowl of blues on your desk as a mid-meeting or mid-day snack.

https://www.healthline.com/nutrition/10-proven-benefits-of-blueberries#TOC_TITLE_HDR_12
Blueberry Flax Pancakes

INGREDIENTS
- 1 ½ cups dry pancake mix
- ½ cup flax seed meal
- 1 cup skim milk
- 2 eggs
- 1 cup fresh or thawed frozen blueberries

DIRECTIONS

Step 1
- Set a nonstick skillet over medium heat.

Step 2
- In a medium bowl, stir together the pancake mix and flax seed meal. In a separate bowl or measuring cup, whisk together the milk and eggs. Pour the liquid into the dry ingredients, and stir just until moistened.

Step 3
- Spoon 1/4 cupfuls of batter onto the hot skillet. Sprinkle with as many blueberries as desired. Cook until bubbles appear on the surface, then flip and cook until browned on the other side.

NUTRITION FACTS

Per Serving:
332 calories; protein 12.4g; carbohydrates 50.8g; fat 9.5g; cholesterol 94.2mg; sodium 790.7mg

https://www.allrecipes.com/recipe/92974/blueberry-flax-pancakes/

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Menu subject to change without notice

Reservations required at least one day in advance.
Make a reservation with your site manager or call 607-737-5520 to sign up