Blueberries

1) Nutrient-rich - 150g portion can supply 1/4 of vitamin C and manganese requirements, 1/3 of vitamin K1 needs, and also provide vitamin E and copper

2) Support gut health - antioxidants and fiber in blueberries both support gut health (some of the antioxidants directly affect the microbiome)

3) Antioxidants - blueberries have one of the highest antioxidant contents of all fruits and vegetables

4) Reduce DNA damage - One study showed 20% reduction in free radical activity in otherwise healthy individuals (mean age: 28.5) (PMID: 17602170)

5) Lower risk of heart disease - 150g portion of blueberries every day can reduce risk of cardiovascular disease by 15% (According to a 6 month trial in older people with "metabolic syndrome") (PMID: 23319811).

6) Protect brain function - flavonoids in blueberries activate signaling proteins in the hippocampus. Clinical trials have shown improvements in learning and memory tests in older people consuming blueberry juice for 2 months (PMID: 20047325).

7) Improve memory & attention - 200g of blueberries in a smoothie every morning has shown to improve memory and concentration in the afternoon compared to a placebo

8) control blood sugar - anthocyanins in blueberries can improve insulin sensitivity. consumption of blueberries may block certain digestive enzymes and this can help reduce blood sugar spikes after a meal

9) regulate cholesterol - 50g of blueberry consumption every day has shown to lower oxidized LDL BY 27% (PMID: 20660279).

10) lower blood pressure - consumption has been shown to lower blood pressure by 4-6% over the course of 8 weeks (PMID: 20660279)

11) promote muscle recovery - in one study, a smoothie containing 200g of blueberries significantly increased recovery of peak isometric strength after a muscle-damaging eccentric exercise protocol, compared to placebo (PMID: 22564864).

Revision #1
Created 20 October 2025 10:19:12 by sedawk
Updated 20 October 2025 10:51:19 by sedawk