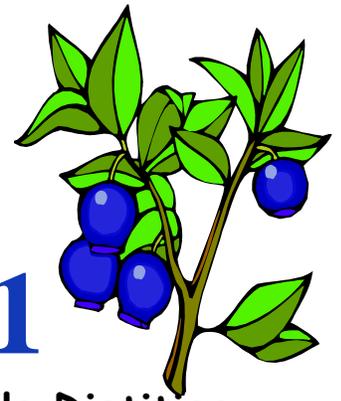




# Food Focus: Summer School Blueberries 101



From: Monica Cengia, MEd, RD, LD - Vitaflo Dietitian

## Nature's #1 Antioxidant Fruit

- ➔ Antioxidants protect against oxidative cell damage by destroying the body's free radicals (unstable oxygen molecules linked to conditions like cancer & Alzheimer's disease and the aging process).



Lower in protein & phe; High in fiber!

### Blueberry Sorbet

- 4 cups fresh or thawed frozen blueberries
- 1 can (6 ozs) frozen apple juice concentrate



In a food processor or blender, combine blueberries and apple juice concentrate; blend until liquefied. Pour into an 11X 17-inch baking pan. Cover and freeze until firm around the edges, about 2 hours.

With a heavy spoon, break frozen mixture into pieces. In a food processor or blender container, place mixture and blend until smooth but not completely melted. Spoon into a 9X5-inch loaf pan; cover and freeze until firm. Serve within a few days. [www.wildberries.com](http://www.wildberries.com)

10 servings, each serving = 0.5 gm protein, 18.4 mg phe

### Ways to "get blueberries" fast:

- Frozen blueberries are ready to eat at once
- Mix into low protein pancakes or muffins
- Add to low protein cereals and salads
- Use as a topping or summer treat!

### Summer's "Berry" Nice Choice!

- ☑ **Promotes Anti-Aging**  
Blueberries contain *anthocyanins*, blue-red pigments, that improve the vascular system, enhance the effects of Vitamin C, and stabilize the collagen matrix.
- ☑ **Fights Cancer and Heart Disease**  
*Pterostilbene* and *ellagic acid*, antioxidants found in blueberries, fight cancer, prevent heart disease & may help reduce cholesterol.
- ☑ **Helps Keep Vision Clear**  
Improves nighttime vision and protects against macular degeneration.
- ☑ **Improves Brain Functions**  
May reduce the effects of age-related conditions such as Alzheimer's disease; could improve learning capacity and motor skills.
- ☑ **Protects Brain From Damage After a Stroke**
- ☑ **Helps Prevent Urinary Tract Infections**  
Blueberries contain *proanthocyanidin* which prevents the bacteria responsible for urinary tract infections from attaching to the bladder wall.



Extra Credit:  
July is National  
Blueberry  
Month



Prepared by: Jacqueline Fisher, Medical Dietetic Student -The Ohio State University, Copyright, 2005

