



Blackberries

Health Benefits of Blackberries

A tangy, nutrient-dense fruit, blackberries are loaded with powerful antioxidants, fiber, and their seeds are rich in essential oils. Note that blackberries are a different fruit than black raspberries.

1 cup whole fresh blackberries provides:

- 62 Calories, 2 gm protein, 8 gm fiber, 0.7 gm fat, no cholesterol

Potential benefits of consuming blackberries:

- Contain antioxidants vitamins C, E, and K, polyphenols, flavonoids, anthocyanins, carotenoids, salicylic acid and ellagic acid giving them top scores for protection from aging and disease
- Seeds are a source of essential omega 3 and omega 6 fatty acids
- Contain B vitamins thiamin, niacin, riboflavin, folate and minerals calcium, iron, magnesium, phosphorous, potassium and zinc
- These nutrients protect against heart disease and cancer, prevent bone loss and boost immunity and brain function
- Select fresh blackberries with a deep, dark color and consume within 3-4 days or freeze

For more Healthy Bytes Initiative information, visit:
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