- Select fresh blackberries with a deep, dark color and consume within 3-4 days or freeze
- Contain B vitamins thiamin, niacin, riboflavin, folate and minerals iron, calcium, magnesium, phosphorous, potassium and zinc
- These nutrients protect against heart disease and cancer, prevent bone

• Contain antioxidants vitamins C, E, and K, polyphenols, flavonoids, ellagic

acid, anthocyanins, carotenoids and salicylic acid giving it top scores for

- loss and boost immunity and brain function
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- Potential benefits of consuming blackberries:
- 62 Calories, 2 gm protein, 8 gm fiber, 0.7 gm fat, no cholesterol

Seeds are a source of essential omega 3 and omega 6 fatty acids

Health Benefits of Blackberries

A tangy, nutrient-dense fruit, blackberries are loaded with antioxidants, fiber and essential oils. Blackberries are different than black raspberries.

Blackberries

1 cup whole fresh blackberries provides:

protection from aging and disease



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