



# Huckleberries

## Health Benefits of Huckleberries

These dark berries found along roadsides and forests in the Pacific Northwest are rich in history as well as nutrients.

### **1/2 cup fresh huckleberries provides:**

- 37 calories, <1 gm protein, 2 gm fiber, no fat, no cholesterol

### **Potential benefits of huckleberries:**

- Rich in antioxidants vitamin C, polyphenols and cyanidins that fight inflammation and boost immunity and healing
- High anthocyanin content may help slow cancer tumor growth
- Contain potassium for healthy blood pressure, iron for oxygen transport and calcium for bone and heart health
- Fiber helps lower blood sugars, improve cholesterol, and aid in weight management
- Provide small amounts of B vitamins (thiamin, riboflavin, niacin and beta-carotene)
- Use fresh on salads or cereal, puree for salad dressing, toss in pancakes or baked goods or cook into syrups, jams or jellies
- Leaves can be brewed as tea to obtain additional antioxidants



Brought to you by the Coos County Food and Nutrition Group, Advanced Health and OSU Extension Family and Community Health.

