

Health benefits of blueberries

- Blueberries are very low in calories, soluble dietary fibres minerals and antioxidants
- Blueberries are among the highest anti-oxidant value fruits.
- Altogether, the phyto-chemical compounds in the blueberry help rid off harmful oxygen-derived free radicals from the human body, and thereby, protect it against cancers, aging, enegenerative diseases, and infections.
- Fresh berries carry small amount of vitamin C, vitamin A and vitamin E The berries also carry a small amount of B-complex group of vitamins
- Furthermore, they contain a good amount of minerals like potassium, **manganese**, copper, iron and zinc.

| Principle | Nutrient Value | Percentage of RDA |
|---------------|----------------|-------------------|
| Energy | 57 Kcal | 3% |
| Carbohydrates | 14.49 g | 11% |
| Protein | 0.74 g | 1% |
| Total Fat | 0.33 g | 1% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 2.4 g | 6% |
| Vitamin A | 54 IU | 2% |
| Vitamin C | 9.7 mg | 1.5% |
| Vitamin E | 0.57 mg | 4% |
| Vitamin K | 19.3 µg | 13% |
| Calcium | 6 mg | 0.5% |
| Iron | 0.28 mg | 3.5% |
| Magnesium | 6 mg | 1.5% |
| Manganese | 0.336 mg | 14% |
| Zinc | 0.16 mg | 1.5% |