



B – BERRIES

- Berries are loaded with antioxidants that provide great health benefits. Each type of berry has it's own nutritional value and health benefit, so eat lots of varieties!
- **Blueberries** – have more antioxidants than most fruits and vegetables and have more fiber than a bran muffin.
- **Raspberries** – the raspberry leaf (as a tea) has long been used for medicinal purposes due to the tannins in the leaf and its soothing properties.
- **Strawberries** – are very high in vitamin C – 1 cup of strawberries has more vitamin C than an orange.
- **Blackberries** – Blackberries also contain a high level of antioxidants and are one of the few fruits that are rich in vitamin E.



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