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## Healthy Tips from Blue365.

July 2016



For many, one of the most enjoyable aspects of summer is the bounty of seasonal fruits and vegetables available at our farmers markets, farm stands and grocery stores. While it's hard to pick a favorite summer fruit or veggie, the spotlight is on blueberries—a super tasty superfood—in July during National Blueberry Month!



### Antioxidant Powerhouses

In addition to their deliciousness, blueberries are full of important vitamins, nutrients, and disease-fighting antioxidants that can result in some pretty amazing health benefits. In fact, wild and cultivated blueberries take two of the top five spots in the USDA's list of common foods with the most antioxidants. View the complete list of antioxidant-rich foods on [WebMD](#).



### Health Benefits of Blueberries

A recent study in [Circulation: Journal of the American Heart Association](#) found that three or more weekly servings of blueberries and strawberries may help reduce the risk of heart attack for women by up to one-third. According to the [Journal of Agricultural and Food Chemistry](#), blueberries may also improve memory in older adults.




### Ways to Enjoy

Feeling like enjoying some blueberries and looking for preparation inspiration? Visit the [U.S. Highbush Blueberry Council](#) to check out a bunch of fun recipes, or make a tried-and-true favorite with this Blueberry Muffin recipe from [Holly Clegg](#).

Check out healthy deals from:



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