

Berries



Factsheet for Persons Living with Dementia and Care Partners

In this factsheet, you will learn about:



Benefits



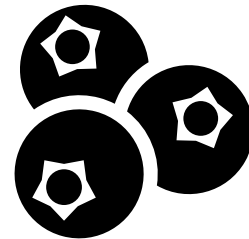
Antioxidants



Incorporating Berries

Key ideas:

- There is a large variety of edible berries.
- Berries are high in antioxidants.
- Berries are low in calories and high in fibre.
- Berries are also high in vitamin C, potassium, manganese, and copper.
- Berries also contain components that are very helpful for health .



- Antioxidants reduce inflammation and protect the body from toxic substances.
- Cranberries, blackberries, and blueberries are your best choices for increasing antioxidants in your diet.
- Blueberries increase blood supply to the body and are particularly high in antioxidants, which can protect the brain from damage.

Eating one cup of berries per day supports brain and overall health.

How can you add berries into your diet?

Berries can be eaten alone, or added to:

- Yogurt
- Ice cream
- Pie
- Jam
- Pancakes
- Muffins
- Tarts
- Smoothies
- Cake



How can I get started?

- Eat berries at least three times a week.
- Fresh, frozen or blended into a smoothie, berries will deliver an antioxidant punch to your diet.

My notes, reflections, and goals:

