The health benefits of **BLUEBERRIES**

Good things really do come in small packages when it comes to Florida blueberries. This small, bite-size fruit offers a range of health benefits. Check out just a few of the benefits that you can experience with blueberries.

1. **Prevent Heart Disease**
   - Eating blueberries can help reduce the chance of heart attacks by up to 33 percent.

2. **Revert Aging Process**
   - The high level of antioxidants found in blueberries help repair DNA damage and combats aging.

3. **Strengthen Eyesight**
   - This blue super fruit can prevent degeneration in the eye muscles and improve vision.

4. **Improve Memory**
   - Reduce forgetfulness and improve memory by eating blueberries.

5. **Lower Risk of Cancer**
   - Blueberries are rich in gallic acid which has the ability to kill cancer cells.

6. **Prevent Heart Disease**
   - Eating blueberries can help reduce the chance of heart attacks by up to 33 percent.