

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.



MORE THAN A TASTY SNACK

The high level of antioxidants found in blueberries help repair DNA damage and combats aging.

This blue super fruit can prevent degeneration in the eye muscles and improve vision.

Reduce forgetfulness and improve memory by eating blueberries.

Blueberries are rich in gallic acid which has the ability to kill cancer cells.

Eating blueberries can help reduce the chance of heart attacks by up to 33 percent.