

[IMAGE]

Berry Good For You

The next time you go grocery shopping, don't forget to pick up a pack of colorful berries. Aside from their great taste, they are good for your health in more ways than one.

A recent study found that people ate blueberries and strawberries had an 8% reduction in risk of hypertension (high blood pressure) vs. those that didn't eat similar dietary flavonoid foods. This was particularly true for people less than 60 years old.

All types of berries are found to be nutritious and low in calories. Berries are known to contain phytochemicals, which also has been known to prevent cancer. Eating a diet that includes berries is highly recommended since it also can improve your vision, and provide essential vitamins such as vitamin C, calcium, magnesium, folate and potassium to name a few.

So, next time you hit the market know you are doing something good for your health with berries. For more on information on the health benefits of berries and research, see the most current study here www.ncbi.nlm.nih.gov/pubmed/21106916

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