

[IMAGE]

## Enjoy Those Summer Berries Year-Round

By Editorial Staff

One of the great things about summer is the availability of sweet, ripe and delicious berries. Strawberries, blueberries, raspberries, blackberries, cranberries, gooseberries and mulberries, just to name a few, can be found in abundance at your local grocery store or, better yet, in your garden.

While we tend to enjoy these delicious treats more often in the spring and summer, a recent study shows how important it is to enjoy berries year-round. A recent study published in the *American Journal of Clinical Nutrition* found that moderate berry consumption lowered participants' blood pressure. At the conclusion of the eight-week study, participants with high baseline blood pressure readings showed a significant decrease in their systolic blood pressure.

High blood pressure contributes to many conditions including coronary heart disease, heart failure, stroke and kidney failure. According to the National Heart Lung and Blood Institute, approximately one in three people in the U.S. suffers from high blood pressure. Many people don't even know they have high blood pressure, and the condition can go undetected for years because symptoms aren't always prevalent.

image - Copyright © Stock Photo / Register Mark Here are a few easy ways to include berries in your diet:

- Add a cup of blueberries or strawberries to your morning cereal or yogurt.
- Add frozen berries to a smoothie.
- Instead of pie or ice cream, enjoy a bowl of mixed berries topped with honey for dessert.

By making berries a regular part of your diet, you can lower your blood pressure and improve your overall cardiovascular health.

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