

Mayo Clinic Minute

Benefits of blueberries

	AUDIO
	Blueberries might be the best example of how good things come in small packages.
Title: Anya Miller Dietitian Mayo Clinic	"Beyond their tangy sweetness, blueberries offer a wealth of health benefits."
Graphic: Anthocyanin	Dietitian Anya Miller says that includes protection for your heart, thanks to something called an anthocyanin – a compound in these berries that gives them their deep blue hue.
Anya Miller	"Blueberries, in particular, have about 25 different anthocyanins, whereas other berries might just have two or three."
Graphic: Lower risk for heart disease	Studies have shown eating foods high in these anthocyanins can help lower your risk of developing coronary heart disease.
Anya Miller	"And that could be due to the reduction in arterial stiffness and blood pressure."
	"A half cup is a serving of blueberries. They don't require any slicing or peeling. You can just pop them in your mouth for the benefits."
Optional graphic: Vitamin C Fiber Natural sweetness	Besides the heart-healthy perk, that serving of blueberries will get you some vitamin C, dietary fiber and natural sweetness. That makes them blueberries a boost for physical and mental health.
	For the Mayo Clinic News Network, I'm Jason Howland.