

# Blueberries and Brain Health

## FOOD AS FUEL FOR THE BRAIN

When it comes to focus and memory, there is no denying the importance of brain health. While several factors influence cognitive function, the foods we eat on a daily basis are a crucial part of keeping our mind sharp. Indeed, a growing body of scientific evidence is examining how **blueberries can be part of eating patterns to support brain health** as part of an overall healthy lifestyle.<sup>1,2,3,4</sup>

There are many nutrients that can help support brain health – one that is found in fruits and vegetables is anthocyanins.

### A BOOST OF BLUEBERRIES: FOOD FOR THOUGHT

According to the Dietary Guidelines for Americans, eating fruits and vegetables, including blueberries, are associated with a reduced risk of many chronic diseases.



Compared to other commonly consumed fruits, berries are uniquely high in anthocyanins, plant compounds that are responsible for their vibrant blue, red and purple color.<sup>5</sup> In fact, research shows that the **anthocyanins present in blueberries (163.3 mg/100g) may help to improve mild cognitive performance in older adults.**<sup>6</sup>

#### ONE SERVING, OR A CUP OF BLUEBERRIES:

- 1 Is considered one serving of fruit.
- 2 Contains just 80 calories and is a good source of fiber.
- 3 Contributes essential nutrients including vitamin C, vitamin K, manganese and phytonutrients called polyphenols.
- 4 Contains anthocyanins, which are compounds that give blueberries their blue color.
- 5 Is a good source of fiber, containing ~ 4g.

### NO-BRAINER RECIPES TO GET A BOOST OF BLUE



Summer Fruit Salad with  
Jalapeno Mint & Lime



Blueberry Prosciutto  
Goat Cheese Flatbread

# A LOOK AHEAD AT NEW BRAIN HEALTH RESEARCH



“There is emerging evidence that blueberry anthocyanins induce metabolic effects that are important for cognitive improvement. We are looking forward to further research in this exciting area, including the potential role of blueberries as an early intervention for preventing cognitive decline associated with aging.”

– Robert Krikorian, PhD, Department of Psychiatry & Behavioral Neuroscience, University of Cincinnati Academic Health Center



Bento Box



Salmon and Blueberry Salad with Red Onion Vinaigrette



Fruit S'mores



Blueberry Protein Bowl



For recipes, health information, and all things blueberry, visit [blueberry.org](https://blueberry.org).

## REFERENCES

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