



February is American Heart Month

Fresh or frozen, blueberries are a deliciously healthy treat. Blueberries offer a variety of beneficial nutrients that support heart health.

- 1 Blueberries are a no-muss, no-fuss fruit that require no slicing or peeling – just grab a boost of blue, rinse and enjoy!
- 2 Fresh or frozen, blueberries can help to improve overall health as part of a healthy lifestyle.
- 3 Blueberries contain just 80 calories per cup, and are a good source of fiber.



Find recipes and inspiration for Heart Health Month at blueberry.org/benefits

