

# Summer Lovin’ One Thing to Improve Your Diet – Berries!



There are blueberries, blackberries, strawberries, cranberries, and raspberries, and they are all considered superfoods. Why? Because berries are concentrated in antioxidants. Antioxidants help combat free radicals which damage our cellular structures like DNA. When our cells are damaged, it may lead to aging, cancer, and diseases. Antioxidants safely interact with the free radicals to stop the harmful chain reaction of cellular damage. They have been also linked to decreased inflammation, preventing/managing arthritis, slowing down age-related memory loss, radiant skin, and healthy hair.



## You can easily add berries in your day!

- Add berries to your cereal, oatmeal, and pancakes.
- Yogurt parfait – add berries to your favourite Greek yogurt, as well as some nuts and some ground cinnamon.
- Sprinkle cranberries in bread recipes, salads, and trail mixes.
- Smoothies – blend your favourite combination of berries with soy milk, almond milk, or Greek yogurt.
- Low-calorie dessert – enjoy strawberries with a light whipped topping or melted dark chocolate.

## Why should you eat berries?

- ✓ **Dense in nutrients** – loaded with antioxidants and vitamins (blueberries are one of the highest sources of antioxidants).
- ✓ **Improve memory in older adults** – studies have proven that a healthy dose of blueberries may improve memory.
- ✓ **Improve cardiovascular** – research from Nurses Health Study in 2013 suggested that when women eat three or more servings of blueberries or strawberries per week, their risk of having a heart attack decreases by 34% than those who had a lower serving of berries.
- ✓ **Advantageous for athletes** – may experience decreased delayed onset muscle soreness (DOMS) when consuming lots of berries.

Arthritis Foundation. (n.d.). The benefits of berries. Retrieved from [www.arthritis.org/living-with-arthritis/arthritis-diet/best-foods-for-arthritis/berries-benefits.php](http://www.arthritis.org/living-with-arthritis/arthritis-diet/best-foods-for-arthritis/berries-benefits.php)

Taraday, Jeff. (n.d.). 5 reasons to eat berries every day. Retrieved from [www.breakingmuscle.com/nutrition/5-reasons-to-eat-berries-every-day](http://www.breakingmuscle.com/nutrition/5-reasons-to-eat-berries-every-day)

## Turkey, Avocado, and Strawberry Sandwich

5 minutes to make a nutritious sandwich

### Ingredients:

- lemon juice
- light mayonnaise
- 2 slices of whole grain bread
- ¼ cup of thinly sliced strawberries
- ¼ of thinly sliced turkey breast
- ½ of peeled and thinly sliced avocado

### Directions:

- combine the mayonnaise and lemon juice and spread it on each slice of bread
- add the turkey breast, strawberries, and avocados
- cut the sandwiches and serve
- optional: add onions, alfalfa sprouts, basil, or baby spinach

