

KINETIC ENERGY

Health benefits of

BLUEBERRY

SUPERFOOD

57

CALORIES

100 grams

Health benefits

- Prevents heart disease
- Regulates blood sugar
- Maintains eye health
- Helps reverse signs of aging
- Fights stress and anxiety

Nutritional value

- Total fat 0.33g
- Carbohydrate 14.5g
- Protein 0.7g
- Potassium 77mg
- Sodium 1mg
- Fibre 2.4g
- Calcium
- Iron
- Vitamins A & C

How to eat them?

- Smoothie
- Raw
- With oatmeal



Did you know... July is celebrated as a national blueberry month.