



# Health Secrets of Blueberries & Raspberries



Make blueberries and raspberries a part of your everyday dietary plan with these products from The Big Berry.

#### Scientific studies have shown that:

##### raspberries;

- may help in the prevention of cancer
- high in vitamin C, fibre and folate
- aid in the prevention of urinary tract infections
- help fight cardiovascular disease
- aid in the prevention of osteoporosis
- help fight food colouring and upset stomach

##### blueberries

- have powerful anti-aging properties which assist in reversing age related conditions.
- assist in the prevention of cardiovascular disease such as stroke and heart attack
- extremely high in antioxidant levels
- may help in the prevention of cancer (in particular colon and cervical)

#### Recipe Ideas

- Boost breakfast cereal by adding a tablespoon of raspberry or blueberry puree.
- Make your own blueberry or raspberry yogurt by adding 2 tablespoons of raspberry or blueberry puree to plain yogurt.
- A low calorie alternative to jam, spread raspberry or blueberry puree over toast or muffin
- Create luscious smoothies or simply pour over your favourite dessert.

For more information visit our website [www.thebigberry.com](http://www.thebigberry.com)

#### THE BIG BERRY

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