

The Health Benefits of Blueberries: Have You Had Your Brain Berries Today?

Blueberry muffins, blueberry pancakes, blueberry pie – the list of yummy blueberry foods that most everyone loves is endless. But in addition to being lip-smacking good, did you know that blueberries are among the healthiest of foods? In fact, it's not a stretch to say that blueberries are one of the healthiest foods on the planet. That they are also among the *tastiest* of foods is just a happy coincidence!

Now Where Did I Leave Those Keys...

If the old memory isn't quite what it used to be, it might be that you haven't been eating enough 'brain berries.' You don't need a prescription for brain berries, of course; they're available over-the-counter at your grocer's produce department. Brain berries are blueberries – or at least that's what they've been dubbed by scientists at Tufts University, who are just all kinds of impressed with the ability of the blueberry to fight memory loss.

The Tufts team has even found that blueberry extract can help to reverse other age related problems of the brain, including loss of learning skills and neuromotor dysfunction.

And recent studies have indicated that blueberries and other purple-skinned fruits like plums and blackberries may play a role in reducing the risk of Alzheimer's disease.

Good For You From the Neck Down, Too

Though they may be nicknamed 'brain berries,' the health benefits of blueberries aren't restricted to your noggin. Your whole body can benefit from adding blueberries to your diet.

Blueberries can help to reduce LDL (bad) cholesterol, can help to lower high blood pressure and high blood sugar, and may help to reduce the risk of heart disease. Blueberries have been shown to help lessen the risk of developing macular degeneration and cataracts. They can even help to improve your night vision.

Blueberries have also demonstrated cancer-fighting properties in laboratory tests. They may help to reduce the risk of developing certain types of cancers, including ovarian cancer and colon cancer. One study even found that certain compounds within blueberries killed colon cancer cells.

So Good AND Good For You...

So often, the medicines that doctors prescribe for us are, well, rather nasty tasting. And you've probably heard the old saw that if something tastes really good, you'd better spit it out quick because it's probably really bad for you.

But just about everyone loves blueberries. And whether you chow down on raw, fresh berries or use them as an ingredient in a tantalizingly tasty recipe, blueberries are off-the-charts good for you.

So if you aren't already incorporating a nice helping of 'brain berries' in your daily diet, you might want to consider doing so. That would be a really 'brainy' move!