

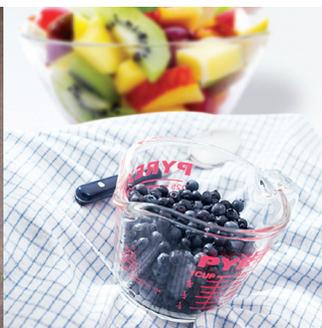


# The Health Benefits of Fruit

Fresh or frozen, fruit is one of Mother Nature's most amazing foods!

At Wyman's of Maine, we're passionate about helping people understand the benefits of eating fruit every day.

Inside, read about five fruits that pack a healthy punch.



# More Fruit for Better Health

It's easy to see why fruit belongs in your healthy daily routine. Fruit is packed with essential vitamins, minerals, fiber and phytonutrients. It's also low in calories, sodium and fat, with zero cholesterol. And there's plenty of evidence that eating more fruits



and vegetables may help lower your risk of chronic illnesses like heart disease, stroke and cancer.

## The Two-Cup Goal

So how much fruit do we need? On average, the USDA recommends two cups of fruit and three cups of vegetables a day. It's a delicious way to eat healthy.



In the wide universe of healthy fruits, here are five standouts available frozen from Wyman's of Maine.



## Wild Blueberries

### ANTIOXIDANT SUPERSTARS!

A leading antioxidant fruit, wild blueberries are the "little ones" that grow naturally in Maine and Canada. Frozen wild blueberries provide:

- **Excellent Source of Fiber.** With 6 grams, one cup provides 25% DV of dietary fiber. Foods high in fiber may help reduce the risk of cardiovascular disease, obesity and type 2 diabetes.
- **Excellent Source of Manganese.** One cup of wild blueberries provides 200% DV of manganese, a trace mineral that plays an important role in bone development and other body functions.
- **Antioxidant Power.** One cup provides more total antioxidant capacity (ORAC) than most fruits and vegetables. Antioxidants help neutralize free radicals that can cause cell damage leading to cancer, heart disease and other chronic conditions.

### The Power of Blue

The deep-blue pigments of wild blueberries are rich in anthocyanins, flavonoids known for their potent antioxidant and anti-inflammatory properties. Wild Blueberries and other flavonoid-rich berries are the subject of promising health research in many different areas including:

- Antioxidant activity
- Brain research
- Cancer prevention
- Gut health
- Heart health
- Metabolic syndrome
- Diabetes prevention
- Urinary tract health





## Strawberries

### VITAMIN C POWER!

Juicy strawberries are packed with essential vitamins, fiber, minerals and health-promoting phytonutrients. Frozen strawberries provide:

- **Excellent Source of Vitamin C.** One cup contains 90% DV of this antioxidant vitamin. Vitamin C is vital for growth and repair of all body tissues and helps defend against infection and disease.
- **Excellent Source of Manganese.** One cup provides 28% DV of this trace mineral, which plays an important role in bone development and other body functions.
- **Good Source of Fiber.** A cup provides 12% DV of dietary fiber. Foods high in fiber may help reduce the risk of cardiovascular disease, obesity and type 2 diabetes.
- **Antioxidant Power.** Strawberries contain phytonutrients with potent antioxidant activity. Antioxidants help neutralize free radicals that can cause cell damage leading to cancer, heart disease and other chronic conditions.



### Red Power Packages

Rich in phytonutrients such as flavonoids and ellagic acid, delicious strawberries are one of nature's healthiest "power packages."

Promising research is focusing on the potential health-promoting benefits of strawberries in a range of areas including:

- Cognitive function
- Cancer prevention
- Heart health



## Blackberries

### PACKED WITH PHYTONUTRIENTS!

Blackberries are lower in sugar and higher in fiber than many other fruits and are brimming with vitamins, minerals and phytonutrients. Frozen blackberries provide:

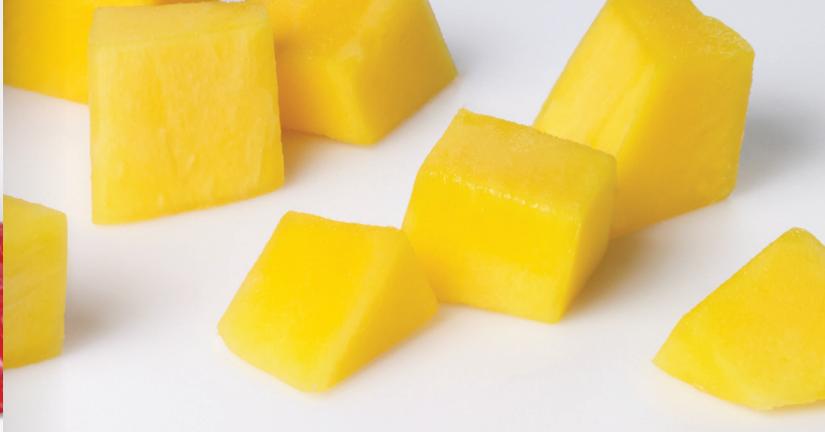
- **Excellent Source of Vitamins.** One cup provides 37% DV of vitamin K, which plays a role in blood clotting and helps strengthen bones. One cup also has 13% DV of folate, which helps the body form red blood cells and helps reduce the risk of birth defects.
- **Excellent Source of Minerals.** One cup provides 90% DV of manganese, which plays an important role in bone development and other body functions. Other minerals in blackberries include copper, magnesium, iron and potassium.
- **Excellent Source of Fiber.** With 8 grams in one cup, blackberries provide 30% DV of dietary fiber. Foods high in fiber may help reduce the risk of cardiovascular disease, obesity and type 2 diabetes.
- **Antioxidant Power.** Blackberries have high concentrations of flavonoids with potent antioxidant properties. Antioxidants help neutralize free radicals that can cause cell damage leading to cancer, heart disease and other chronic conditions.



### Purple Power

Blackberries get their deep-purple hue from flavonoids called anthocyanins, which contribute to the antioxidant and anti-inflammatory benefits of blackberries. Scientists studying the potential health benefits of blackberries are focusing on:

- Diabetes prevention
- Cancer prevention
- Strengthening the immune system



## Red Raspberries

FIBER, VITAMIN C & MORE!

With just 64 calories per cup, raspberries are a delicious and low-calorie way to get your vitamin C, fiber and antioxidants! Frozen raspberries provide:

- **Excellent Source of Vitamin C.** One cup provides 35% DV of this antioxidant vitamin, which is important for growth and repair of all body tissues and helps defend against infection and disease.
- **Good Source of Manganese.** Raspberries contain this trace mineral, which plays an important role in bone development and other body functions.
- **Good Source of Fiber.** One cup has 4 grams of fiber or 16% DV. Foods high in fiber may help reduce the risk of cardiovascular disease, obesity and type 2 diabetes.
- **Antioxidant Power.** Raspberries contain phytonutrients with potent antioxidant activity. Antioxidants help neutralize free radicals that can cause cell damage leading to cancer, heart disease and other chronic conditions.

### Little Red Allies

Raspberries have significantly high levels of antioxidant and anti-inflammatory phytonutrients, including anthocyanins. They also contain rheosmin (also called raspberry ketone), of interest to scientists studying the management of obesity. Other areas of interest to researchers include:



- Arthritis
- Cancer prevention
- Type 2 diabetes
- Oxidative stress

## Mangoes

EXCELLENT SOURCE OF VITAMIN C!

Mangoes are rich in flavor as well as vitamins, fiber and phytonutrients. Frozen mango chunks provide:

- **Excellent Source of Vitamin C.** One cup provides 60% DV of this antioxidant vitamin, which is important for growth and repair of all body tissues and helps defend against infection and disease.
- **Good Source of other Vitamins.** Mangoes also contain Vitamin A, essential to healthy vision and skin; B6, vital to many functions in the body; and folate, which helps the body form red blood cells and helps reduce the risk of birth defects.
- **Antioxidant Power.** Mangoes contain phytonutrients with potent antioxidant properties. Antioxidants help neutralize free radicals that can cause cell damage leading to cancer, heart disease and other chronic conditions.



### Orange-Yellow Antioxidants

Mangoes get their beautiful orange-yellow color from carotenoids, precursors to the formation of Vitamin A, which provides antioxidant support for healthy vision, skin and immune function, as well as defense against some cancers. Researchers are focusing on areas such as:

- Cancer prevention
- Reduced risk of diabetes
- Obesity management
- Prostate health
- Heart health



# Frozen Fruit. The Benefits of Fruit Made Easy.

Frozen fruit provides all the nutritional value of fresh, with added convenience, variety and affordability year-round. Consider these frozen fruit advantages:

- **Quality:** Picked at the peak of flavor and healthy goodness
- **Nutrition:** Fresh-frozen at harvest and just as nutritious as fresh
- **Convenience:** Quick and easy to use in your favorite recipes
- **Availability:** Delicious, colorful variety that's always in season
- **Value:** No waste—use only what you need
- **Affordability:** Make the most of your food dollar!



USDA MyPlate dietary guidelines

recommend eating 2 cups of fruit every day. With frozen fruit in your freezer, eating healthy is easy and delicious!



# More Fruit Health Resources

For more information on the health benefits of fruit, including links to ongoing research, check out the resources listed here:

### Berry Health Benefits Network

[berryhealth.fst.oregonstate.edu](http://berryhealth.fst.oregonstate.edu)

Dedicated to exchanging scientific and technical information related to berry fruit.

### Fruits & Veggies More Matters

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

A health initiative by the Produce for Better Health Foundation (PBH).

### Harvard School of Public Health: Nutrition Source

[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

The fruits and vegetables section of this website provides an overview of health and disease-fighting benefits.

### Raspberry & Blackberry Health

[www.oregon-berries.com](http://www.oregon-berries.com)

This website provides links to articles on berry health.

### Strawberry Health and Nutrition Information

[www.calstrawberry.com](http://www.calstrawberry.com)

You'll find information on the nutritional benefits of strawberries and links to information on health research.

### USDA ChooseMyPlate

[www.choosemyplate.gov](http://www.choosemyplate.gov)

Health and nutritional recommendations from the USDA, including a section on the benefits of eating fruit.

### Wild Blueberry Association of North America

[www.wildblueberries.com](http://www.wildblueberries.com)

This website covers the health and nutrition benefits of Wild Blueberries and provides a link to a comprehensive library of research studies.

### World's Healthiest Foods

[www.whfoods.com](http://www.whfoods.com)

Search this website for health research on blueberries, strawberries and raspberries.

Scan code for quick access to our website, [www.wymans.com](http://www.wymans.com)



## Wyman's of Maine. Simply Fantastic Frozen Fruit

Enjoy Wyman's frozen fruit products knowing that they are created with your good health in mind.

For more information please visit [www.wymans.com](http://www.wymans.com).



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