

# Berries

## SMALL BUT MIGHTY



### **“Small fruit, big impact” Eat more berries**

Berries are one of the most evidence-supported foods for everyday health. They are naturally rich in fiber, vitamin C, and polyphenols (especially anthocyanins), which are linked with improvements in cardiometabolic markers, brain aging outcomes, and gut microbial balance. Daily, consistent intake seems to matter more than “occasional superfood” use.

### Evidence Based

#### Brain and Gut Health

Berries support brain and gut health at the same time. Their polyphenols (anthocyanins) help protect brain cells and support healthy blood flow to the brain, and those same compounds interact with gut bacteria to promote a healthier microbiome. Berry fiber plus polyphenols can increase beneficial gut compounds (short-chain fatty acids) that support the gut lining and may help lower inflammation, which is linked to brain health through the gut–brain connection.

**Practical tip: Aim for ½ cup most days (fresh, freeze dried or frozen).**

Pair with protein or healthy fat (Greek yogurt, nuts, seeds) for steadier blood sugar, especially helpful for weight management, PCOS, prediabetes, and diabetes.



#### Heart Health

**Why berries help:** Berry polyphenols and fiber are associated with better vascular function (how well blood vessels relax), improved lipid profiles, and reduced oxidative stress.

What studies show

- Regular berry intake has been linked with improved blood vessel function and modest improvements in cardiovascular risk markers in clinical trials and reviews.
- Long-term population studies consistently associate higher anthocyanin/berry intake with lower risk of cardiovascular events.
- Aim for daily or weekly consumption

