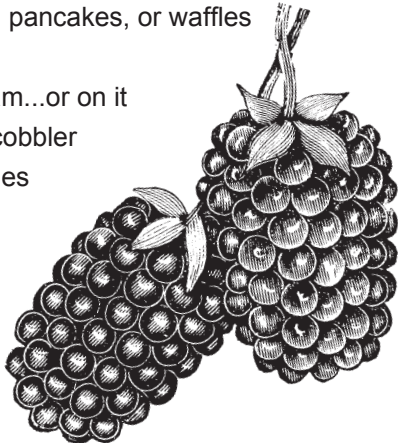


## Choose Blackberries... for flavor and health.

- Blackberries are low in calories, carbohydrates, and fat, which makes them great for low carb and low calorie diets.
- Blackberries are rich in Vitamin C and fiber, both of which have been shown to help reduce the risks of certain cancers.
- Blackberries contain ellagic acid, a phenolic compound shown to have anti-cancer, anti-viral and anti-bacterial properties. The cyanidin-3-glucoside in blackberries has also inhibited tumor growth and spread in animal subjects.
- Their dark blue color comes from high levels of plant pigments like anthocyanins, which work as antioxidants to help fight free radical damage in the body. Blackberries have among the highest antioxidant levels of fruits regularly tested. In fact, blackberries ranked first in total antioxidants per serving, in a study published in the *American Journal of Clinical Nutrition* in July, 2006.

### Enjoy your blackberries...

- By the handful, fresh or frozen
- On cereal, pancakes, or waffles
- In salads
- In ice cream...or on it
- As pie or cobbler
- In smoothies



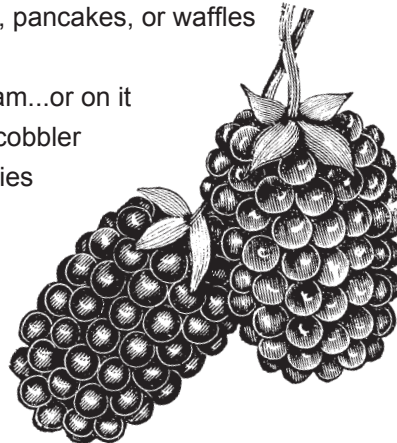
For recipes and additional information,  
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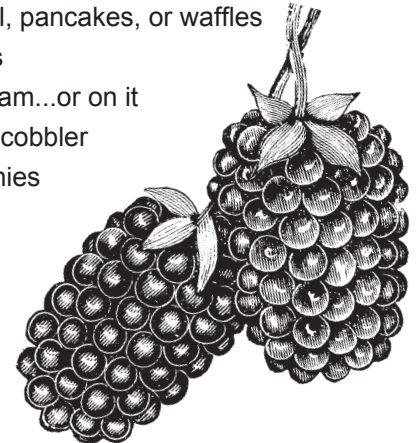
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# Blackberry Nutrition Facts

Serving Size: 1 cup (144g)

Amount Per Serving	
Calories 75	
	% Daily Value*
Total Fat .6g	1%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14 g	5%
Dietary Fiber 8g	31%
Sugars 6g	
Protein 2g	
Vitamin A	0%
Vitamin C 30 mg	50%
Calcium 42 mg	4%
Iron .85 mg	4%
Folate .36 mg	9%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: USDA National Nutrient Database

## Taking care of your blackberries.

- Make sure your berries don't get hot in the car on the way home after you buy or pick them.
- Store them immediately in the refrigerator until ready to use. If you must transfer them, shallow, closed containers are best.
- Use blackberries as soon as possible, within 1-3 days.
- Don't wash berries until just before using.
- To freeze berries, just wash them, drain off excess water, and drop them into a freezer bag or container. Use within 4-5 months. Adding sugar will preserve flavor longer. To keep each berry separate, spread them on a tray or cookie sheet, freeze, and then put them in a container.

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