

# Berries - the healthy choice

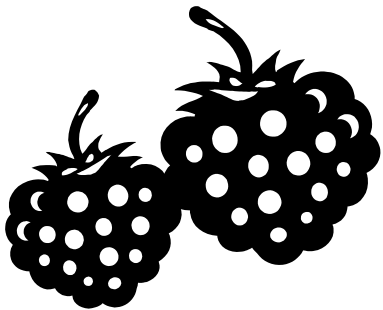


It is generally accepted that people who consume a diet high in fruit and vegetables have a lower risk of developing heart disease or cancer. There are many compounds found in plant based foods which may help to protect against these diseases, for example vitamins, minerals, fibre and phenolic compounds.

Berries contain high levels of compounds which are thought to be protective against disease. They fit in well with the requirements of a healthy diet because they have a low fat content, low levels of sodium and are high in vitamins, minerals and various phenolic compounds. Research has shown that many types of berries consistently contain some of the highest antioxidant levels of any fruit.

## Did you know?

- A portion of strawberries contains more Vitamin C than an orange
- Berries are low in carbohydrates, unlike many other fruits
- Berries are a great source of fibre, especially raspberries, brambles and currants
- A portion of berries is 7 strawberries or a large handful of smaller fruit
- Strawberries are a good source of Folic Acid



Find out more at:

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

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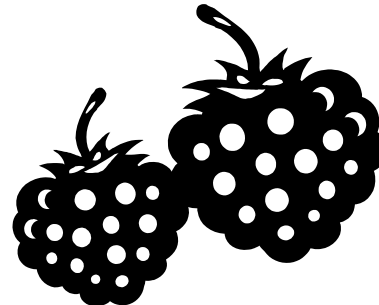


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