

Studies show that for longevity it is especially important to eat blueberries. Here is what its benefits for health are connected.

A lot of antioxidants. Blueberries are especially rich in anthocyanins. These substances are associated with a decrease in the risk of age-related diseases, including heart disease and neurological diseases. It is believed that anthocyanins fight inflammation and reduce oxidative stress.

Improving intestinal health. One cup of blueberries contains 3.5 g of fiber, which helps regulate the intestines, is important in the control of appetite and blood sugar.



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Reducing the likelihood of developing chronic diseases. Alzheimer's disease and type 2 diabetes are some of the main causes of death in the United States. Studies show that blueberries can reduce the risk of these diseases.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.