

The season of the berries begins in mid -July, and experts advise you to include them in the diet. According to Professor Marina Moyseyak, berries contain vitamins, fiber, antioxidants and other beneficial substances that help strengthen health, reports TASS.

- **Cloudberry** – Wild swamp berry. Contains vitamins A, C, E, minerals (iron, calcium, potassium, magnesium), supports immunity, improves skin condition, helps with colds and is useful for the heart and blood vessels.
- **Pigeon** – Forest berry, which is now actively grown in gardens. It is rich in vitamins and minerals, especially anthocyanins – substances that slow down aging and protect against cancer. Blueberries improves metabolism, vision, memory and helps with hypertension and diabetes.
- **Blueberry** – Often confuses with blueberries, but she has dark juice. This berry is known for its benefit, and also strengthens blood vessels and immunity.



Hector Bermudes

- **Raspberry** - Available and beloved by many berries. Improves digestion, fights aging, supports the work of the heart and metabolism.
- **Blackberry** - Similar to raspberries, but more dense. It is useful for the gastrointestinal tract, bones, brain and immunity, especially with high physical exertion.

All these berries are not only tasty, but also bring great benefits to the body.

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