

HAVE A BLUEBERRY HAPPY HOLIDAY SEASON

THE HOLIDAY SEASON CAN BE BOTH DELICIOUS AND HEALTHFUL WHEN YOU FIND SMALL, SIMPLE WAYS TO ADD NUTRITION, WITHOUT LOSING GREAT TASTE. BLUEBERRIES CAN HELP. THEY'RE SWEET, TART AND DELICIOUS BUT, AT ONLY EIGHTY CALORIES A CUP, MAKE AN EASY SNACK AND GREAT ADDITION TO HOLIDAY DISHES. BLUEBERRIES ARE HIGH IN VITAMIN C, LOW IN SODIUM, VIRTUALLY FAT-FREE, AND A GOOD SOURCE OF FIBER—WHICH CAN HELP YOU FEEL FULLER, LONGER TO RESIST TEMPTATION. THE U-S Highbush BLUEBERRY COUNCIL HAS GREAT RECIPES AT BLUEBERRY-COUNCIL--DOT--ORG.