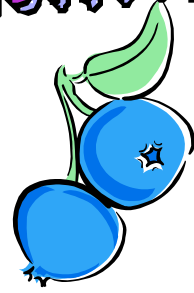


July is Blueberry Month!



Eat blueberries for good health!

- Blueberries are a good source of **Vitamin A, Vitamin C, Potassium and Folate!**
- Blueberries are very **low in fat and sodium.**
- Blueberries contain **antioxidants** - which may help **prevent cancer, fight off disease, and reduce "bad" (LDL) cholesterol.**
- Blueberries get their beautiful **color** from a **natural pigment** called Anthocyanin. This pigment may help **prevent urinary tract infections and improve eyesight.**
- Celebrate your health and **July 4th** with a bowl of **Red, White & Blue** - **strawberries, nonfat yogurt, & blueberries!**

