

# Crazy Foodie

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September 01, 2023



# Amazing Health Benefits of Berries



## 1. Strawberries

TART BUT SWEET & DELICIOUS

- Rich in vitamin C, manganese, and folate.
- Promote skin health and collagen production.
- Contain antioxidants that help combat oxidative stress.
- Support heart health by reducing LDL cholesterol.

## 2. Cranberries

A SWEET & TASTY SUPERFOOD

- Known for preventing urinary tract infections (UTIs).
- Contain vitamin C and fiber.
- Rich in antioxidants that support overall health.
- May reduce the risk of certain types of cancer.



## 3. Acai Berries

A POP OF COLOR & TASTE

- Extremely rich in antioxidants.
- High in fiber, promoting digestive health.
- May have anti-aging and anti-inflammatory effects.
- Can support heart health by reducing cholesterol levels.

## 4. Elderberries

RED, BLACK & WHITE BERRIES

- Known for their immune-boosting properties.
- Contain anthocyanins and vitamin C.
- May help reduce the duration and severity of colds and flu.





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