

Blueberry Nutrition Facts



One serving of raw blueberries is one cup (148g), which contains 84 calories, 1g of protein, 21g of carbohydrates, and 0.5g of fat. Blueberries are an excellent source of vitamin C, vitamin K, and manganese.

- Calories: 84
- Fat: 0.5g
- Sodium: 1.5mg
- Carbohydrate: 21g
- Fiber: 3.6g
- Sugars 15g
- Protein: 1g
- Vitamin C: 14.4mg
- Vitamin E 0.8mg
- Vitamin K: 28.6mcg
- Vitamin B6: 0.1mg

Blueberry Health Benefits

Improve Memory

Blueberries have been shown to help maintain memory and prevent cognitive decline.



Fight Inflammation

Flavonoids in blueberries are responsible for its antioxidant and anti-inflammatory activities. Blueberries also contain vitamin C, which aids in wound healing, supports the immune system, and provides anti-aging properties.



Promotes Heart Health

Blueberries are high in fiber. Fiber helps you feel full, regulates the bowels, helps pull cholesterol away from the heart, and helps stabilize blood sugar.



Improve Insulin Sensitivity

Although blueberries contain naturally occurring sugars, their anthocyanins appear to improve insulin sensitivity and help lower blood sugar levels.

