

The Blueberry Heart Boost

“A cup of blueberries a day could keep the doctor away, says a new study in the *American Journal of Clinical Nutrition*. Among a small group of adults with metabolic syndrome – a condition characterized by having at least three heart disease risk factors such as high blood pressure, high blood sugar, and excess belly fat – eating the equivalent of 1 cup of the berries daily for six months was associated with improved vascular function. Specifically, the improvement was in the stiffness of heart arteries, a benefit that may be due to compounds in blueberries called anthocyanins, which have anti-inflammatory and other cardioprotective effects, says Aedin Cassidy, study author and a professor of nutrition at University of East Anglia’s Norwich Medical School. Toss a handful of blueberries on oatmeal, yogurt, or salad for a tasty, heart-healthy lift.”