

# Berry Nutritious



All berries are nutritious, with fibre and bioactives. But each offers a unique nutrition package.

## Strawberry

170% of vitamin C needs



**Vitamin C Superstar**

## Blueberry

#1 in polyphenols



**Polyphenol Punch**

## Raspberry

Source of 5 nutrients



**Nutrient All-rounder**

## Blackberry

Highest in fibre, vitamin E & magnesium



**Big Boss**

	Strawberry	Blueberry	Raspberry	Blackberry
Nutrients <sup>1</sup>	• Energy kJ	164	291	305
	• Sugars g	5.7	13.8	8.4
	• Fibre g (DI%)	3.8 (13%)	5.3 (18%)	8.4 (28%)
	• Vitamin C mg (DI%)	68 (170%)	3 (8%)	44 (110%)
	• Vitamin E mg (DI%)	0.5 (5%)	0.8 (8%)	1.1 (11%)
	• Folate µg (DI%)	59 (30%)	0 (0%)	51 (26%)
	• Magnesium mg (DI%)	12 (4%)	9 (3%)	30 (9%)
	• Manganese mg (DI%)	0.5 (10%)	0.1 (2%)	0.8 (16%)
Bioactives	• Total polyphenols mg <sup>2</sup>	390	806	310
	• Highest in bioactive type	✓ Resveratrol (a polyphenol)	✓ Lutein (a carotenoid)	✓ Ellagitannin (a polyphenol)

## Enjoy now, or freeze for later

Store in fridge	✓ 5 days	✓ 5-7 days	✓ 1-2 days	✓ 2 days
Freeze	✓ 6 months	✓ 3 months	✓ 12 months	✓ 6 months
Rinse	✓ Gentle	✓ Gentle	✗ Dip in water	✓ Gentle
Enjoy	Room temp	Chilled	Room temp	Room temp

Data based on a standard serve (150g). DI = Daily intake.

1. Foodworks 10. 2. Perez-Jimenez et al. EJCN. 2010

## Farming berries

Australian berry growers use a 3-step approach to manage pests and keep berries fresh:

<p><b>BIOLOGICAL</b></p> <ul style="list-style-type: none"> <li>• Some insects, mites and spiders encouraged.</li> <li>• Rid pests without affecting quality.</li> </ul>	<p><b>CULTURAL</b></p> <ul style="list-style-type: none"> <li>• Proven techniques that reduce pests.</li> <li>• E.g. rain covers, tillage, rolling, irrigation &amp; crop rotation.</li> </ul>	<p><b>CHEMICAL</b></p> <ul style="list-style-type: none"> <li>• Registered pesticides used as a third resort only when required.</li> <li>• Broken down over time and by environmental factors such as rain and sunlight.</li> </ul>
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