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NUTRITION AND YOU...BLUEBERRIES

FOOD FOR THOUGHT

Blueberries can taste very sweet if allowed to fully ripen before picking. They are high in antioxidants and other compounds which help to reduce the risks of some forms of cancer and to lower blood cholesterol. Select firm, brightly colored blueberries. Cover ripe blueberries and store in refrigerator. Enjoy blueberries in cereals, salads, smoothies, muffins, desserts, or as a snack.



Note: 1 cup of fresh blueberries provides 1 cup of your daily fruit requirement.

SHOP SMART

In Ohio, locally grown blueberries are available July through September. Blueberries can be purchased year round (fresh, dried and frozen) at most supermarkets.

KEEP IT SAFE

These food safety tips will help protect you and your family:

EAT HEALTHY

Blueberries are:

- An excellent source of vitamin C
- A good source of dietary fiber
- Cholesterol and fat free
- Sodium free
- Low in calories

- Wash hands for 20 seconds with warm water and soap before and after preparing food
- Throw out berries that look spoiled
- Wash berries under running water before eating or cutting them
- Keep foods that will be eaten raw (like blueberries) separate from raw meat, poultry or seafood

Your Local Story here:

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

RECIPE

Blueberry Muffins

Ingredients:

1/2 cup vegetable oil
1 cup sugar
2 eggs
1/2 cup low fat milk
1 teaspoon vanilla
2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
2 cups blueberries (fresh or frozen)

Instructions:

1. Preheat the oven to 375 degrees
2. Grease the muffin pans.
3. In a large mixing bowl, mix the oil and sugar together until creamy.
4. Add eggs, milk and vanilla. Mix until blended.
5. In a medium mixing bowl, stir together the flour, baking powder, and salt.

Nutrition Facts – Blueberry Muffins

Cost: Per Recipe: \$ 2.99 Per Serving: \$ 0.25
Serving Size: 1 muffin (1/12 of recipe)
Calories: 250 Calories from Fat: 90

Per Serving	% Daily Value*
Total Fat – 11 g	17%
Saturated Fat – 1.5 g	8%
Dietary Fiber – 1 g	4%
Sodium – 200 mg	8%
Sugars – 20 g	
Protein – 4 g	

*Percent daily value
Based on a 2,000
calorie diet. Your
daily values may
be higher or lower
depending on your
caloric needs.

6. Add the flour mix to the oil and sugar in the large bowl. Stir together.
7. Gently stir the blueberries into the batter.
8. Fill each muffin cup 2/3 full with batter.
9. Bake for 25 to 30 minutes.

REMEMBER:

Eat more than one kind of fruit each day.



FOCUS ON FITNESS

Spend time together as a family. Pick blueberries at a pick-your-own farm. Learn how blueberries are grown, and when the best time is to pick the fruit. Walking through the blueberry fields is good exercise.

REFERENCES

- The Recipe Finder. SNAP-Ed Connection recipefinder.nal.usda.gov/
- United States Department of Agriculture, choosemyplate.gov
- The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992

Revised January 2016

This material funded by USDA-Food & Nutrition Service's Supplemental Nutrition Assistance Program (SNAP), Ohio Food Assistance Program Grant/Contract ODJFS Grant Agreement G-1213-17-0612, October 1, 2012-June 30, 2013

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