

Berry Healthy



Snapshot of findings across 185 studies from a literature review on berries and health¹.



Which berry?

All berries support health, but most of the research has been on blueberries and strawberries

1. FOODiQ. Berries and Human Health: A summary of the Science. 2022. (Unpublished).

Blueberry

- Markers of heart health
- Healthy blood vessels
- Brain health
- Diabetes prevention
- Exercise recovery
- Brain function
- Weight management
- Reduced inflammation
- Pregnancy

Strawberry

- Markers of heart health
- Metabolic health
- Weight management
- Reduced inflammation
- Healthy blood vessels
- Brain health
- Heart disease prevention

Raspberry

- Markers of heart health
- Healthy blood vessels
- Metabolic health
- Reduced inflammation

Blackberry

- Metabolic health

Limited - Implement with care, e.g., singular small study.

Moderate - Evidence can be trusted in most situations, e.g., consistent evidence in prospective cohort studies; numerous RCTs but with some inconsistent results.

Strong - Evidence can be trusted, e.g., Consistent effects across well designed RCTs.

How much? Benefits most commonly seen at 125–500 grams (about 1–3 cups) a day. 1 serve = 1 cup (150 grams)