

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

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 (Unpublished).

(rams

| Blueberry<br>•●●●+   | Strawberry Ŏ  | Raspberry ()<br>→ →  | Limited →<br>Implement with care, e.g.,<br>singular small study.   |
|--|---|--|--|
| <ul> <li>Markers of heart health</li> <li>Healthy blood vessels</li> </ul>   | <ul> <li>Ø Markers of heart health</li> <li>-&gt;</li> </ul>                                  | 🧐 Markers of heart health<br>🛞 Healthy blood vessels               | Moderate -●-●-○→<br>Evidence can be trusted  |
|  | <ul> <li>Metabolic health</li> <li>Weight management</li> <li>Reduced inflammation</li> </ul> | <ul> <li>Metabolic health</li> <li>Reduced inflammation</li> </ul> | in most situations, e.g.,<br>consistent evidence in<br>prospective cohort studies;<br>numerous RCTs but with<br>some inconsistent results. |
| <ul> <li>Exercise recovery</li> <li>Brain function</li> <li>Weight management</li> <li>Reduced inflammation</li> </ul> | →   | Blackberry<br>← • • • •<br>ⓒ Metabolic health                      | <b>Strong</b> ● ● ● →<br>Evidence can be trusted,<br>e.g., Consistent effects<br>across well designed RCTs.                                |
| O-O-→<br>Image: Pregnancy  |   |  | mmonly seen at 125–500 grams<br>) a day. <b>1 serve = 1 cup (150 gram</b>  |



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