

# 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	
<b>Nutrients<sup>1</sup></b>	• Energy kJ	164	291	317	
	• Sugars g	5.7	13.8	11.3	
	• Fibre g (DI%)	3.8 (13%)	5.3 (18%)	<b>8.4 (28%)</b>	<b>9.2 (31%)</b>
	• Vitamin C mg (DI%)	<b>68 (170%)</b>	3 (8%)	<b>44 (110%)</b>	57 (143%)
	• Vitamin E mg (DI%)	0.5 (5%)	0.8 (8%)	<b>1.1 (11%)</b>	<b>2.1 (21%)</b>
	• Folate µg (DI%)	59 (30%)	0 (0%)	<b>51 (26%)</b>	51 (26%)
	• Magnesium mg (DI%)	12 (4%)	9 (3%)	30 (9%)	<b>45 (14%)</b>
	• Manganese mg (DI%)	0.5 (10%)	0.1 (2%)	<b>0.8 (16%)</b>	0.8 (16%)
<b>Bioactives</b>	• Total polyphenols mg <sup>2</sup>	390	<b>806</b>	310	374
	• Highest in bioactive type	✓ Resveratrol (a polyphenol)	✓ Lutein (a carotenoid)	✓ Ellagitannin (a polyphenol)	✓ Lignan (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:



### BIOLOGICAL

- Some insects, mites and spiders encouraged.
- Rid pests without affecting quality.



### CULTURAL

- Proven techniques that reduce pests.
- E.g. rain covers, tillage, rolling, irrigation & crop rotation.



### CHEMICAL

- Registered pesticides used as a third resort only when required.
- Broken down over time and by environmental factors such as rain and sunlight.