Berry Healthy

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

Healthy blood vessels

Improved flowmediated dilation and endothelial function

Metabolic health

Improved glucose and insulin response



Brain function

Improved measures of cognitive performance

60

MINUTES

Reductions in inflammatory markers ----

Reduced

inflammation

Exercise recovery

Reductions in markers of muscle damage



Berry

benefits start within

30 minutes

2 HOURS **2** HOURS

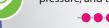
4 DAYS

4 WEEKS

WEEKS

Markers of heart health

Improved cholesterol, blood pressure, and triglycerides



Healthy ageing

Improved physical function in the elderly



Associated with reduced all-cause mortality



40

30

MINUTES

20 YEARS

4 YEARS 13 YEARS



Gut health

Favourable changes to the gut bacteria -----



Pregnancy

Improved health outcomes for mum --0-0->



Brain health

Reduced cognitive decline in ageing



Heart disease prevention

Reduced risk of coronary heart disease

--0-0-



Associated with less weight gain



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 (Unpublished).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





Healthy blood vessels



Brain health

B Diabetes prevention

Exercise recovery

Brain function

Weight management

Reduced inflammation



Pregnancy

Strawberry







Raspberry











🔞 Reduced inflammation

Blackberry



Metabolic health



Limited - O-O→

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.



(about 1–3 cups) a day. 1 serve = 1 cup (150 grams)





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