# Berry Quick Reference Guide

Berries contain a wealth of nutrients that support good health!
This quick reference lays out popular berries and why they're so nutritious.

**Strawberries:**

- Have the highest amount of Vitamin C of all the berries
- Increase our antioxidant capacity
- Have been shown to lower cardiovascular risk factors
- Anti-inflammatory and analgesic properties
- Improve insulin sensitivity
- Reduce risk of total mortality

**Raspberries:**

- Inhibit cancer cells in the colon, prostate, breast and mouth
- May help with weight loss, as well as reduce obesity-related inflammation and pain
- Reduce oxidative stress and inflammation in cardiovascular disease
- Help improve insulin sensitivity

**Cranberries:**

- Can help prevent and treat urinary tract infections
- Prevent bacteria from 'sticking' to the urinary tract
- Inhibits h.pylori infections
- Reduce risk factors for cardiovascular disease

**Blueberries:**

- Are great for your brain - they improve memory and cognitive function, and reduce rates of cognitive decline
- Reduce oxidative stress and inflammation
- Inhibit cancer cells and induce cancer cell death
- Lower blood pressure
- Positively impact the balance of bacteria in the gut

**Blackberries:**

- Inhibit tumor cell growth
- Increase fat burning and improves insulin sensitivity
- May protect against sun damage
- Protect the brain against neurodegenerative diseases

**Goji berries:**

- Contain an abundance of protein and minerals
- Boost the immune system
- Help protect the brain
- Contributes to general feeling of wellbeing
- Inhibit cancer cells and tumor growth