

Promotes healthy heart



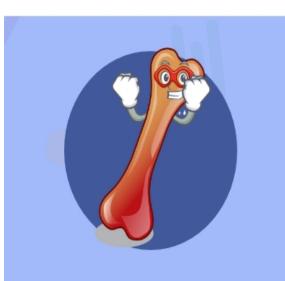
Satiates hunger for a longer time



Maintains cholesterol levels



Boosts immunity



Keeps bones healthy



Provides adequate energy



Improves memory



Prevents oxidative damage to the retina



Source: https://www.momjunction.com/articles/blueberries-for-kids_00397727/