

# Farm to Health Series

## MAXIMIZE YOUR NUTRIENTS FROM: **BERRIES**



Berries have some of the highest antioxidant levels due to their high concentration of phytonutrients. One-half cup of strawberries provides:

- 70% daily value (DV) of vitamin C.

Blackberries and blueberries contain:

- 18% DV of vitamin K.

Seeds in raspberries and blackberries are high in phytonutrients. One-half cup yields:

- 16% DV of fiber.

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### HOW THEY IMPROVE HEALTH

- Phytonutrients may protect from inflammation and cancers of the mouth, colon, small intestine, and prostate.
- Antioxidants may help detoxify the small intestine to improve immunity.
- A few studies have correlated blueberry consumption with age-related memory loss and cardiovascular disease, but more research is needed.

### NUTRIENT AND PHYTONUTRIENT CHANGES

Berries should be used or consumed soon after harvest to prevent spoilage and to minimize vitamin C losses, usually within 2-5 days. It is best to store fresh berries in the refrigerator.

- For cooked berries it is best to consume the liquid to lessen vitamin C and phytonutrient losses.
- Vitamins C and K as well as phytonutrients do not change with frozen storage.
- Drying greatly decreases phytonutrients and vitamins C and K but retains the fiber.

*This information is not meant to diagnose, treat, cure, or prevent any disease. This project is made possible by funding through OSU CARES - an initiative of OSU Extension and the OSU to expand faculty, staff and student partnerships with communities throughout Ohio.*



For more information or how to maximize nutrients in other fruits and vegetables, see <http://localfoods.osu.edu/maximizenutrients>.

# Recipe: Very Berry Whole-Wheat Bread Pudding

(Reprinted with permission from the American Institute for Cancer Research, [www.aicr.org](http://www.aicr.org))

To maximize nutritional value, this recipe uses fresh or frozen berries. For the sauce, the berries are thawed in the refrigerator overnight and the drained liquid incorporated into the sauce, thus retaining the nutrients and phytonutrients.

## pudding ingredients:

- 1 cup frozen or fresh cherries (tart or sweet), pitted
- 1 cup fresh or frozen blueberries
- 1/4 cup sugar
- 1 tsp. ground cinnamon
- 5 oz. whole-wheat bread, cubed (about 3 cups)
- 2 eggs
- 3/4 cup low-fat milk
- 1/2 tsp. vanilla extract
- 1/4 tsp. salt
- Cooking spray

## Directions:

- Combine cherries, berries, sugar, cinnamon in a bowl. Stir to coat berries; add bread cubes.
- In another bowl, whisk together eggs, milk, vanilla and salt. Pour egg/milk mixture over berry/bread mixture and stir to coat bread thoroughly. Let mixture stand for 15 to 30 minutes to combine ingredients and allow the bread to soak up the egg mixture.
- Preheat oven to 325 degrees, spray a 9-inch baking dish.
- Pour pudding mixture into baking dish. Bake 20 minutes. Remove from oven and distribute almonds over pudding. Return to oven and bake about 25 to 30 minutes.
- Remove from oven and let rest for 10 min. Garnish with powdered sugar. Serve warm.
- For sauce: Thaw berries overnight in the refrigerator; save drained juice and mix with cornstarch. Cook berries over medium-low heat for about 3 minutes. Add juice mixture to berries and heat until thickened. Serve over or alongside pudding.

## Topping ingredients:

- 1 oz. sliced almonds
- 1 tsp. powdered sugar, garnish

## Optional sauce ingredients:

- 1 lb. bag frozen unsweetened mixed berries
- 1/2 tsp. cornstarch



**6 servings. Per serving:** 183 calories, 5 g total fat (1 g saturated fat), 27 g carbohydrate, 8 g protein, 3.5 g dietary fiber (12% DV), 248 mg sodium, 4.4 mg vit C (7% DV), 7.2 µg vit K (9% DV)

## OTHER FOOD SOURCES OF KEY NUTRIENTS AND PHYTONUTRIENTS:

Anthocyanins

Red cabbage

Plums

Vitamin C

Broccoli

Bell Peppers

Tomatoes



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