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



Improved measures of cognitive performance

60

MINUTES

inflammation Reductions in

Reductions in inflammatory markers

Reduced

Exercise recovery

Reductions in markers of muscle damage

2 Hours

Berry

benefits start within

30 minutes

4 DAYS

4 WEEKS

> 4 WEEKS

> > 6 WEEKS

4 MONTHS

Markers of heart health

Improved cholesterol, blood pressure, and triglycerides

-O-O-O

Longer life

Associated with reduced all-cause mortality

40 YEARS

30

MINUTES

20 YEARS 20

13 YEARS 4 YEARS

(4)

Gut health

Favourable changes to the gut bacteria

Pregnancy

Improved health

outcomes for mum

Healthy ageing

Improved physical function in the elderly

Diabetes prevention

Reduced risk of Type 2 Diabetes



Brain health

Reduced cognitive decline in ageing

× (1)

Heart disease prevention

Reduced risk of coronary heart disease

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Weight management

Associated with less weight gain

Which berry?

All berries support health, but most of the research has been on blueberries and strawberries

 Nutrition Research Australia. Berries and Human Health: A summary of the Science. 2022. (Unpublished).

Blueberry





Healthy blood vessels



Brain health

Diabetes prevention

Exercise recovery

Brain function

Weight management

Reduced inflammation



Pregnancy

Strawberry





Markers of heart health



Metabolic health

(f) Weight management

Reduced inflammation

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Healthy blood vessels

Rrain health

Heart disease prevention

Raspberry









Metabolic health

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.



Benefits most commonly seen at 125–500 grams (about 1–3 cups) a day. 1 serve = 1 cup (150 grams)





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