



Berries are one of the most nutritious and enticing of all summer treats. They are low in calories (50-80 calories per cup) and contain significant levels of health protective compounds such as vitamins, phytochemicals and dietary fiber. Berries may help to prevent cancer and heart disease and to slow the aging process. They can be served cooked or cold and are very versatile for dishes from chilled soups to smoothies and from fruits salsas and salads to desserts. The freshness and flavors of berries can be preserved if they are used soon after purchasing and are not washed until just before preparing or serving. Store in refrigerator in container or bag that allows air to circulate. Frozen berries retain plenty of nutritional value and are a good choice as well, especially if fresh ones are too expensive or no longer in season (look for those frozen without added sugar).

Blueberries are especially high in these phytonutrients and have been described as a “power food”. Both blueberries and black raspberries provide anthocyanin, a cancer-fighting phytochemical, as well as vitamin C and fiber. Strawberries have the most vitamin C of all berries. Red raspberries and blackberries both contain lower levels of vitamin C and fiber as well. Less common berries such as currants, mulberries, gooseberries and elderberries also offer good nutritional value.

According to a Dutch study lead by Jules Beekwilder, PhD, raspberries may have almost 50% more antioxidant activity than strawberries, three times the antioxidant activity of kiwis, and 10 times the antioxidant activity of tomatoes. To what do they owe this to? The study suggests that while vitamin C accounts for about 20% of raspberries' total antioxidant capacity, the red-colored anthocyanins (phytochemicals) account for 25%. But the biggest contribution (more than 50%) comes from phytochemicals called ellagitannins.

Suggestions for using berries:

- Wash and enjoy them as they are!
- Add to smoothies (see attached recipe)
- Use to top hot or cold cereal
- Add to pancakes, waffles or muffins
- Serve with cottage cheese

- Add to fruit salad or green salad
- Use to make fruit sauce or salsa to complement grilled meat, fish or poultry
- Make a parfait layering berries with flavored yogurt (see attached recipe)
- Make a crisp (see recipe attached)

For additional ideas on how to use berries, see <http://recipes.driscollsberrries.com/>



Take the plunge!! Beat the summer heat and work out by getting in the water. Exercising in water places minimal stress on joints, so it is ideal for individuals who are injured or have arthritic issues. The water's resistance (up to 40 times greater than air) provides intensity for workouts and the buoyancy makes it impossible to fall. Start with simple moves, beginning with a warm-up such as walking in waist-high water with your arms moving. Brisk water walking or jogging in waist or chest high water burns 300 to 500 calories per hour and is gentler to your body than walking on land. Full body aerobics in shallow or deep water improves your cardiovascular system. Your flexibility and mobility will also benefit. Try a class to learn different exercise that use a wide range of motions. A flotation belt is great for deep water exercise. Try using a kickboard to help strengthen your lower body. There are many kinds of fins, paddles, and water weights to help isolate certain muscles or increase the intensity of your water work-outs. Swimming laps will exercise both your upper and lower body muscles. The best stroke is the forward crawl. Increase number of laps you swim as you build endurance. Drink lots of fluid before and after exercising and be sure to wear a waterproof sunscreen to protect your skin if you are using an outdoor pool.

At ISU, Beyer Hall has a swimming pool for laps and State Gym has a warm water pool for water aerobics. Both of these may be used without charge by faculty and staff (there is a locker fee). Check out the June hours here http://www.recservices.iastate.edu/JUNE_2007_HOURS.pdf and the group class schedule <http://www.recservices.iastate.edu/groupfitness/> (fee for classes is \$27 for entire semester-you must have a Lied user pass to attend classes held in Lied).

Now is the time to get "berried" and to take the plunge (into water fitness) for your health!

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