Blueberries and Exercise Recovery

Researchers are exploring how blueberry consumption may help to address a wide range of health needs, including exercise recovery. To properly recover from exercise after a tough workout, eating a healthy diet is critical. Blueberries are abundant in anthocyanins (plant compounds that give blueberries their beautiful blue color) and are a good source of vitamin C, which means they have antioxidant and anti-inflammatory properties to help with muscle recovery.

FUN FACT: BLUEBERRIES ALSO SUPPORT HEART AND BRAIN HEALTH

- **Grab a boost of blue for a heart-smart** addition to your active lifestyle. A growing body of scientific evidence demonstrates that blueberries can be part of eating patterns to improve cardiovascular health, especially as part of an overall healthy lifestyle.[1,2,3]
- **Fuel your brain!** Research suggests that eating a diet containing a variety of vegetables, fruits, nuts, beans and seafood during adulthood is associated with lower risk of age-related cognitive impairment, dementia and Alzheimer's disease.[4,5,6]

BLUEBERRIES HAVE ESSENTIAL NUTRIENTS, INCLUDING:

1. **Manganese,** which can help support energy production and protect cells from oxidative stress. When the body undergoes oxidative stress, it causes inflammation and metabolic damage, which can slow down recovery from muscle strain and injury.
2. **Vitamin C,** which has antioxidant properties that help support immunity and promote healthy skin and connective tissue.
3. Polyphenols, including **anthocyanins,** which are compounds that give blueberries their beautiful blue color.

blueberries
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WHAT THE SCIENCE SAYS

New research published in the *Journal of the International Society of Sports Nutrition* explores the effect that blueberries **may have on enhancing exercise performance and recovery.**[7] **Learn more here.**

"Our research, which has been conducted at sea level as well as simulated altitude, has consistently found that blueberry powder supplementation blunts the increase in blood lactate response to running. This response may have positive implications for longer duration or higher intensity running performances as well as when performing at altitude."

– Jason Brandenburg, MSc, PhD, Director, School of Kinesiology, University of the Fraser Valley

A research study published in the *Journal of Nutrition* investigated how consuming a diet enriched with blueberries affects human muscle progenitor function, the cells responsible for muscle growth and repair.[8] **Learn more here.**

#DYK: According to the Centers for Disease Control and Prevention, muscles lose strength, flexibility, and endurance over time. Muscle mass decreases three to five percent every decade after 30 years of age, and that rate increases over age 60. Therefore, strategies to improve muscle progenitor cell proliferation and lower oxidative stress may also **help muscle regeneration during the aging process.**

TIPS FROM THE BLUE CREW

"After your next workout, grab a boost of blue to help refuel post-exercise. Blueberries are an excellent source of manganese and good source of vitamin C, which can help aid in muscle recovery. Toss blueberries into a smoothie, or add to a yogurt and granola parfait, for a delicious and simple post-workout snack." — Mackenzie Burgess, RDN

BLUEBERRY-INSPIRED RECIPES TO HELP YOU REFUEL

Blueberry Balsamic Chicken Wrap

Blueberry Pistachio Yogurt Parfait

Blueberry Turmeric Smoothie

Easy No-Bake Glazed Blueberry Oat Bars

Blueberry Milk

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