

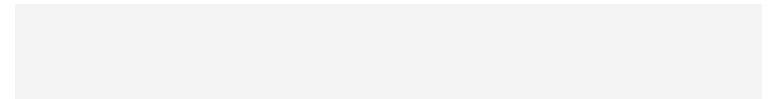


Berries



Berries are rich in vitamin C and fiber, yet low in calories. The potent antioxidants in berries may reduce the risk of cancer and heart disease.

Today's berries are from:



Did you know?

Blackberries, raspberries, and even strawberries are actually tiny clumps of individual fruits that grow together.

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