

Berry Nutritious



All berries are nutritious, with fibre and bioactives. But each offers a unique nutrition package.

Strawberry

170% of vitamin C needs



Vitamin C Superstar

Blueberry

#1 in polyphenols



Polyphenol Punch

Raspberry

Source of 5 nutrients



Nutrient All-rounder

Blackberry

Highest in fibre, vitamin E & magnesium



Big Boss

	Strawberry	Blueberry	Raspberry	Blackberry
Nutrients¹	• Energy kJ	164	291	305
	• Sugars g	5.7	13.8	8.4
	• Fibre g (DI%)	3.8 (13%)	5.3 (18%)	8.4 (28%)
	• Vitamin C mg (DI%)	68 (170%)	3 (8%)	44 (110%)
	• Vitamin E mg (DI%)	0.5 (5%)	0.8 (8%)	1.1 (11%)
	• Folate µg (DI%)	59 (30%)	0 (0%)	51 (26%)
	• Magnesium mg (DI%)	12 (4%)	9 (3%)	30 (9%)
	• Manganese mg (DI%)	0.5 (10%)	0.1 (2%)	0.8 (16%)
Bioactives	• Total polyphenols mg ²	390	806	310
	• Highest in bioactive type	✓ Resveratrol (a polyphenol)	✓ Lutein (a carotenoid)	✓ Ellagitannin (a polyphenol)

Enjoy now, or freeze for later

Store in fridge	✓ 5 days	✓ 5-7 days	✓ 1-2 days	✓ 2 days
Freeze	✓ 6 months	✓ 3 months	✓ 12 months	✓ 6 months
Rinse	✓ Gentle	✓ Gentle	✗ Dip in water	✓ Gentle
Enjoy	Room temp	Chilled	Room temp	Room temp

Data based on a standard serve (150g). DI = Daily intake.

1. Foodworks 10. 2. Perez-Jimenez et al. EJCN. 2010

Farming berries

Australian berry growers use a 3-step approach to manage pests and keep berries fresh:



BIOLOGICAL

- Some insects, mites and spiders encouraged.
- Rid pests without affecting quality.



CULTURAL

- Proven techniques that reduce pests.
- E.g. rain covers, tillage, rolling, irrigation & crop rotation.



CHEMICAL

- Registered pesticides used as a third resort only when required.
- Broken down over time and by environmental factors such as rain and sunlight.