

Why are berries good for you?

Berries are a great way to encourage children to eat more fruit. Because they're naturally sweet – children tend to enjoy eating them.

Recent research found that a third (36%) of British children have never eaten a blueberry and less than 1 in 5 (18%) have eaten a raspberry. One in four has never eaten a blackberry.

Here are some fun facts about berries and a little about why they're good for you.



Strawberries are naturally sweet so children love them.

Strawberries are packed with nutrients – just 7 gives you all your vitamin C for the day.

Strawberries are the only fruit with seeds on the outside. There are 200 seeds on every strawberry.



Blueberries are full of antioxidants and fibre.

They're known as one of nature's superfoods. 40 blueberries have 7.5 times the amount of antioxidants than in a small banana.



Blackberries are packed with vitamin C and E.

Their many tiny seeds make them a good source of fibre.

In South West England, it was thought the first blackberry spotted growing each year could banish warts.



Raspberries are very good for you.

They contain antioxidants which can help keep us healthy. Eating 20 raspberries gives you 26mg of vitamin C — to get the same amount from grapes; you'd need to eat 173.

Raspberries are a member of the rose family.

