

Neighbor Newspapers

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Alternative to pop: **Blueberry Juice?**

Full of antioxidants even the kids will love.

Life up a glass of blueberry juice and give cheers to National Nutrition Month in March.

Blueberry and other berry juices, because of their antioxidants may be the latest health craze. Different brands are all claiming to be the healthiest and best are found everywhere from local health foods stores to the Internet.



Fresh blueberries are not plentiful this time of year, but Leading Brands, a premium beverage company tells the Journal it has developed TrueBlue blueberry juice so individuals can receive all the health benefits of blueberries year round.

Its Blueberry Juice Cocktail is an all natural product that is lightly sweetened with cane sugar. With 25% fewer calories per serving than most cranberry-based products, TrueBlue is also a preferred dietary choice for health-conscious consumers.

It's brand and others can be sought out among vendors at the upcoming Herb and Plant Festival in downtown Jenks. You can even learn how to grown your own and make your own juice.

Studies have shown that blueberries are packed with health benefits. A recent USDA study ranks blueberries as number one in antioxidants when compared to 40 other fruits and vegetables. In addition to fighting cancers and heart disease, studies have shown that blueberries also lower cholesterol, slow down the aging process and improve eyesight, coordination and balance.

TrueBlue says if you don't want to make your own check theirs out available in six flavors including Blueberry, Blueberry-Blackberry, Blueberry-Cranberry, Blueberry-Iced Green Tea, Blueberry-Pomegranate and Blueberry-Raspberry in 64oz. PET bottles.

The company even has LiteBlue – only half the calories of TrueBlue (50 calories per serving), and is sweetened with a combination of cane sugar and Splenda.

Visit www.trueblueberry.com.