

Berries

June, July, August and September are definitely the season for UK grown berries – strawberries, raspberries, blueberries and gooseberries to name but a few.

They are packed with vitamins, minerals and antioxidants – berries have the greatest antioxidant power of all fresh fruit.

Even though berries are available all year round, during the summer months British grown fruits come to the fore. They have a far superior flavour and more vitamins because they haven't travelled half way around the globe to reach your plate (or bowl). This makes the British crop better for the local economy, better for the environment, better for your body and your purse!

Why not visit a local pick-your-own farm for the freshest crop of all? Get the kids involved; have a day out; take a picnic; enjoy the fresh air and load yourselves up with a huge crop of delicious berries. Farmers markets and farm shop are also perfect places to pick-up the freshest crops.

And don't worry if you pick tonnes; you can never pick too many. The good thing about berries is they can be frozen when fresh and used later on in smoothies, yoghurts, crumbles and muffins.

When fresh, enjoy berries served simply with a dollop of low fat natural yoghurt.

Berries are low in calories and have a good amount of soluble fibre to help keep your digestive system healthy.

Take a look at what some berries contain.

In the UK it is recommended that adults have 24g fibre each day and 40mg vitamin C everyday. A serving of strawberries, raspberries or gooseberries will meet your vitamin C requirement nicely!

10 Strawberries (120g) 32 kcals 1.3g fibre 92mg Vit C
30 raspberries (120g) 30 kcals 3.0g fibre 38mg Vit C
Blueberries (120g) 68 kcals 3.0g fibre 12mg Vit C
Gooseberries (120g) 48 kcals 3.0g fibre 31mg Vit C
24 Blackberries (120g) 30 kcals 3.9g fibre 18mg Vit C

All berry fruits have a low glycaemic load – meaning that when you eat them they release their energy very slowly, leaving you feeling fuller for longer, free of cravings and full of energy.

A healthy diet packed with berry fruits can help to ward off cancer, fight heart disease, increase fertility and boost sex drive.

So what are you waiting for...?