



Variety and Versatility
Berries At Their BEST
Worlds Best Berries

Products



Blueberries

Pack Sizes

10 x 1Kg

6 x 500g

Delicious firm berries with a subtle fruity flavour and attractive strong natural colour. Suitable for a wide range of uses including the enormously popular Blueberry muffin and pies. Versatile product for use in dishes ranging from entrees to desserts. Widely used alone or in combination with other berries in processed food items

Recent research has suggested wide ranging health benefits possibly attributed to the natural anti-oxidant content. Affects claimed include relief of eye strain and reduction of free radicals which are thought to play a role in the ageing processes, cancer etc. Currently the subject of biomedical investigation and research.

Nutritional Analysis per 100g frozen Blueberry*

Energy 215kJ(5 kcal)/100g

Available Carbohydrate 12g/100g

Protein 0.7g/100g Total

Available Sugars 11.8g/100g

Total Fat 0.4g/100g



*Source The Concise New Zealand Food Composition Tables 3rd edition