

Things You Should Know About **Açaí** Berries, Nature's "Purple Gold"



What *is* açaí, anyway? Found on açaí palm trees in South American rainforests, açaí berries are a lot like grapes. The seed takes up about 80% of the berry, but the flesh and skin pack plenty of vitamins and other nutrients in the remaining 20%.

Antioxidants

Like other berries, açaí are packed with antioxidants that can help build up your immune system and protect your cells against damage from free radicals.

Fiber

Full of fiber, açaí berries not only help with digestion, but also keep you full, and your blood sugar steady.

Heart-Healthy Fats

It might seem like a diet rich in fish, nuts and avocados is the only way to get enough omega-3 fatty acids, but açaí berries are also a great source. By eating a diet rich in these heart-healthy fats, you could lower your risk of coronary heart disease and improve your cholesterol.

Calcium

High in calcium, açaí berries will help keep your bones, heart, muscles and nerves strong and healthy.

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