

# 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.



**The OG**

## **Acai Bowls**



**Peanut Butter Powerhouse**