

Blue Food Contain a Specific Substance that Prolong Life (Blueberries)

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ABSTRACT

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Editorial

Blueberries (Cyanococcus) are perennial flowering plants with blue- or purple-colored berries. Compound in blueberries can have a surprisingly significant anti-aging effect, making them the perfect fruit to consume for longevity, anthocyanins in blueberries that give them their blue color and their impressive antioxidant benefits, but the compound responsible for their extraordinary anti-aging effects is known as pterostilbene – and blueberries are the only place you can get it. Blueberries contain 15 different anthocyanins. anthocyanins reduce oxidative stress in the body, they also extend our lifespan by reducing long-term damage to the body's systems. Anthocyanin in blueberries having anti-diabetic effect.

- a) Contributing to overall health and fighting off disease-causing free radicals
- b) Supporting immune health
- c) Supporting brain health
- d) Increasing good cholesterol levels (HLD)
- e) Lowering blood pressure
- f) Protecting against certain forms of cancer
- g) Protecting against diabetes

Warding off colds and flu. Blueberry extract extended the mean lifespan of fruit flies by 10 percent. The blueberry extract worked by increasing the expression of genes that increased lifespan and

decreasing the expression of genes that sped up the aging process. Blueberries abundant in many nutrients. Blueberries are a rich source of polyphenols, which include anthocyanin bioactive compounds. Epidemiological evidence indicates that incorporating blueberries into the diet may lower the risk of developing type II diabetes. The improvements in glucose tolerance after blueberry consumption were assessed by glucose tolerance test. Blueberries offer a natural “healthy package” of diverse bioactive compounds that contribute to its many health benefits. Nutritional interventions containing polyphenolics, such as berry fruits, may prove to be a valuable asset in strengthening the brain against the ravages of time as they could retard or prevent the development of age-related neurodegenerative diseases, may even prevent or delay the onset of diseases such as Alzheimer's disease, because they can reduce oxidative stress and inflammation super imposed upon a stress-vulnerable aging brain (Table 1).

Table 1: Nutritional value of Blueberries (Amount per 100 gram).

Calories	57g	Protein	0.7g
Total fat	0.3g	Vitamin A	1%
Cholesterol	0g	Vitamin C	16%
Sodium	1mg	Iron	1%
Potassium	77g	Vitamin B6	5%
Total carbohydrate	14 g	Dietary fiber	2.4 g
Sugar	10 g	Magnesium	1%

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