

Reference List

Power Snacking: Increase Overall Nutrition with Blueberries

by Mary Ellen Phipps, MPH, RDN, LD, and Leslie Wada, PhD, RD

May 28, 2020

References:

1. Prior RL, Cao G, Martin A, et al. Antioxidant capacity as influenced by total phenolic and anthocyanin content, maturity, and variety of *Vaccinium* species. *J Agric Food Chem*. 1998;46(7):2686-2693.
2. Joseph JA, Shukitt-Hale B, Denisova NA, et al. Reversals of age-related declines in neuronal signal transduction, cognitive, and motor behavioral deficits with blueberry, spinach, or strawberry dietary supplementation. *J Neurosci*. 1999;19(18):8114-8121.
3. Krikorian R, Kalt W, McDonald JE, Shidler MD, Summer SS, Stein AL. Cognitive performance in relation to urinary anthocyanins and their flavonoid-based products following blueberry supplementation in older adults at risk for dementia. *J Funct Foods*. 2020;64:103667.
4. Miller MG, Hamilton DA, Joseph JA, Shukitt-Hale B. Dietary blueberry improves cognition among older adults in a randomized, double-blind, placebo-controlled trial. *Eur J Nutr*. 2017;57(3):1169-1180.
5. Stull AJ, Cash KC, Johnson WD, Champagne CM, Cefalu WT. Bioactives in blueberries improve insulin sensitivity in obese, insulin-resistant men and women. *J Nutr*. 2010;140(10):1764-1768.
6. Stote KS, Wilson MM, Hallenbeck D, et al. Effect of blueberry consumption on cardiometabolic health parameters in men with type 2 diabetes: an 8-week, double-blind, randomized, placebo-controlled trial. *Curr Dev Nutr*. 2020;4(4):nzaa030.
7. Johnson SA, Figueroa A, Navaei N, et al. Daily blueberry consumption improves blood pressure and arterial stiffness in postmenopausal women with pre- and stage 1-hypertension: a randomized, double-blind, placebo-controlled clinical trial. *J Acad Nutr Diet*. 2015;115(3):369-377.
8. Curtis PJ, van der Velpen V, Berends L, et al. Blueberries improve biomarkers of cardiometabolic function in participants with metabolic syndrome — results from a 6-month, double-blind, randomized controlled trial. *Am J Clin Nutr*. 2019;109(6):1535-1545.
9. IRI. How America eats: the state of the snacking industry. https://www.iriworldwide.com/IRI/media/Library/webinar/IRI-How-America-Eats_2019-State-of-Snack-Industry.pdf. Published April 9, 2019.
10. US Department of Health and Human Services; US Department of Agriculture. 2015–2020 Dietary Guidelines for Americans, 8th Edition. <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/>. Published January 7, 2016.

11. Loth KA, Tate A, Trofholz A, Fisher JO, Neumark-Sztainer D, Berge JM. The contribution of snacking to overall diet Intake among an ethnically and racially diverse population of boys and girls. *J Acad Nutr Diet*. 2020;120(2):270-279.
12. Barnes TL, French SA, Harnack LJ, Mitchell NR, Wolfson J. Snacking behaviors, diet quality, and body mass index in a community sample of working adults. *J Acad Nutr Diet*. 2015;115(7):1117-1123.
13. U.S. Highbush Blueberry Council. 2019 U.S. Highbush Blueberry Council segmentation study.
14. Moghaddam E, Vogt JA, Wolever TMS. The effects of fat and protein on glycemic responses in nondiabetic humans vary with waist circumference, fasting plasma insulin, and dietary fiber intake. *J Nutr*. 2006;136(10):2506-2511.
15. Flavor pairings. U.S. Highbush Blueberry Council website.
<https://www.blueberrycouncil.org/blueberry-cooking-tips/flower-pairings/>