4 Benefits of Raspberries

Raspberries are something that are bought more during the summer because they are readily available. In fact, people look forward to them because they are also a lot less expensive than during the winter months.

You can eat a handful as is, as part of a salad or even as dessert. They are tart, refreshing and healthy, but there is more to these tiny fruits than their delicious flavor. Raspberries provide so many benefits to your body and your health. You might be surprised how much!

If you are in the process of making a lifestyle change, you should include raspberries in your budget because they are worth every single penny.

Raspberries are Good for People Who Are Trying to Lose Weight

When you start the process of losing weight, it can be difficult because more often than not people will start to think about what they cannot have in their diet. Yes, there are some food restrictions.

Another way to think about it is to remember that there are so many amazing methods to cook different foods to make them healthy...and good!

Raspberries are such a food that are good for you and good for you taste buds. By eating these savory fruits, you won't have to worry about derailing your weight loss goals.

At 64 calories per cup, they provide sweet treat people often crave and you will not have to worry about the guilt you'll feel if you indulging in a box of chocolates - unless they are dark chocolate of course!

Boost Your Immunity With Raspberries

Raspberries are rich in antioxidants that make the body strong enough to ward of common diseases. It does this by helping you get rid of the toxins in your system.

The antioxidants that are in the fruit not only have an immediate effect to your current health but it also slows down the process of aging. So you see raspberries are virtually a fountain of youth!

Increase Fertility With Raspberries

There are so many people trying to have children right now. You might be one of these people that has decided to start your family now.

Did you know that the vitamin C and magnesium in raspberries improve fertility in both men and women? The antioxidants in raspberries improve sperm health and reduce the risk of miscarriage.

Raspberries Help Prevent Cancer

Raspberries have one of the highest concentrations of antioxidants even more than tomatoes. Because raspberries are chocked full of these powerful vitamins and nutrients, they help reduce inflammation and lowering oxidative stress. By doing this they are helping to prevent the development of cancer cells.

If cancer runs in your family you could start eating raspberries and other super foods to help you take preventative measures into your own hands.

Another reason to eat raspberries is the health benefits. In that case, you’ll want to raspberries as often as you can. The great thing about raspberries is that you can add them to quite a few dishes or serve them as a side and they are tasty to eat.