Enter cool season with dried blueberries from Nature’s Sensation





Winter is the long-awaited season for many people. Not only it is the perfect time for individuals to feel the cool breeze and get some fresh air, but also a great opportunity to create cozy atmosphere and boost energy. However, winter may be the least favorite season especially for sickly persons. Without doubt, self-care during the cool season is the important factor that should not be ignored. Eating fruits in season high in immune-boosting nutrients is one of the great ways to promote the wellness of body and mind during the winter. Therefore, Nature’s Sensation, a wide variety of fine dried fruits and natural juices brand under Heritage Group, would like to introduce you to “blueberries”, a perfect alternative for those looking for healthy fruits.

Blueberries, belonging to berry family, are widely planted in North America and South America. These tiny deep blue-purple fruits are rounded in shape and sweet and sour in taste. Blueberries are classified as highly nutritious fruits possessing the ability to provide antioxidant called Anthocyanin and reduce oxidative stress. They also offer low calories and are the great sources of Fiber, Vitamin C, and Vitamin K. Though blueberries are winter fruits, they are not easy to come by in Thailand because of the weather conditions unsuitable for growing. However, there are other forms of blueberries available in Thailand. One such example is dried blueberries, and they are second to none when compared with fresh blueberries.

According to the study published in the Journal of Biomedical and Biotechnology, dried blueberries and fresh blueberries provide the same antioxidant values. Dried blueberries are rich in Flavonoid and fiber which support healthy brain function and help facilitate bowel movement. Moreover, eating ¼ cups of dried blueberries a day reduces the risk of heart disease. Incorporating dried blueberries into healthy diet is also a great way to maximize nutritional values of the particular meal. Nevertheless, consumers should keep to the recommended daily blueberry intake, for excessive blueberry consumption can cause a negative effect to consumers’ health.

Nature’s Sensation dried blueberries are now available at leading supermarkets and department stores nationwide. Visit the online channels at Shopee, Lazada, JD Central, and Line ID: @Heritagethailand. For more information, please call 02-813-0954-5 or follow the activities of

Nature’s Sensation at www.heritagethailand.com, www.facebook.com/naturessensationofficial, and IG: naturessensation.