

Online Supporting Material

Supplemental Table 1. Nutrient composition, phenolic content and ORAC value of freeze-dried blueberry powder

Nutritional Information (per 100 g) ¹	
Calories, kcal	347.0
Protein, g	3.5
Carbohydrate, g	84.7
Fat, g	0.0
Total sugar, g	59.0
Fiber, g	19.0
Vitamin A, $\mu\text{mol/L}$	0.0
Vitamin C, mg	172.0
Calcium, mg	30.0
Iron, mg	1.0
Potassium, mg	408.0
Sodium, mg	16.0
Phenolics, mg/g	32.5
Anthocyanins, mg/g	14.8
ORAC, $\mu\text{mole TE/g}$	356.0

¹Analysis provided by the U.S. Highbush Blueberry Council