

Here's a nutritional comparison between elderberry, aronia berry, blueberry.

<b>*Nutritional Values (per 100g)*</b>	<b>Elderberry</b>	<b>Aronia berry</b>	<b>Blueberry</b>
Calories	73	73	57
Protein	0.7g	1.4g	0.7g
Fat	0.5g	0.5g	0.3g
Carbohydrates	18.4g	19.1g	14.5g
Fiber	4.8g	7.3g	3.6g
Sugar	4.8g	5.7g	9.5g
Sodium	2mg	1mg	1mg
Vitamin C	10%DV	15%DV	11%DV
Vitamin K	15%DV	22%DV	12%DV
Potassium	10%DV	12%DV	6%DV
Magnesium	7%DV	8%DV	4%DV
Iron	5%DV	7%DV	3%DV
Manganese	3%DV	7%DV	12%DV
ORAC ScoreAntioxidant Capacity	14,697	16,062	9,346
Anthocyanins	1,400mg	<b>1,800mg</b>	120mg

**\*DV = Daily Value Percentage**

#### **Elderberry and Aronia berry Benefits:**

- 1. Immune system support:** Both is rich in antioxidants and flavonoids, which help boost the immune system.
- 2. Anti-inflammatory properties:** Both reduces inflammation, alleviating conditions like arthritis and allergies.
- 3. Antiviral properties:** Both has been shown to combat viruses, including influenza and HIV.
- 4. Cardiovascular health:** Both helps lower blood pressure and cholesterol levels.
- 5. Digestive health:** Both supports gut health and alleviates constipation.
- 6. Anti-aging:** Antioxidants in both reduce oxidative stress, promoting youthful skin and overall well-being.
- 7. Cold and flu relief:** Both eases symptoms and reduces duration of colds and flu.
- 8. Eye Health:** Aronia's anthocyanins protect vision, reducing the risk of age-related macular degeneration.
- 9. Urinary Tract Health:** Aronia berries may help prevent or treat urinary tract infections.
- 10. Good source of Fiber:** Both berries are full of fibre, especially the aronia's that is used in the raw state for powder, jams and condiments.
- 11. Low in Calories:** Both are low in calories if used unsweetened.

