

# Cranberries More Than Just For Your Kidneys



## Cranberries: Fun Facts

- One of the first references to cranberries was made in a letter written by Mahon Stacy to his brother in England dated April 26, 1680.
- Cranberry juice was first made by American settlers in 1683.
- American and Canadian sailors on long voyages knew they could eat cranberries to protect themselves from scurvy -- making them a cranberry counterpart to British 'limeys.'
- The first cranberry sauce was marketed in 1912.
- One of only a handful of fruit that are native to North America.
- Served as both food and medicine to Native Americans due to their anti-inflammatory properties.
- Bounceberry is another name for them
- Cranberries can be used as fabric dyes.
- 5 states known for growing cranberries are: Massachusetts, Wisconsin, New Jersey, Oregon, and Washington.
- Cranberries are approximately 90% water.

## Selection:

- Choose cranberries that are firm, plump, shiny, and range in color from bright light red to dark red.
- Avoid cranberries that are soft, shriveled, or have brown spots.

## Storage:

- Store unwashed cranberries in a resealable plastic bag in the refrigerator for up to 2 months.
- To freeze, place rinsed cranberries on a paper towel-lined baking sheet in a single layer and freeze for 1 hour. Place in a resealable plastic bag and freeze for up to 1 year.



## Health Benefits

- Naturally low-sugar fruit
- low in calories
- pack a punch when it comes to antioxidants
- Phytonutrients and antioxidants in cranberries include:
  - **Anthocyanins** –antioxidants found in cranberries has the ability to destroy free-radicals in the body and in medical studies has shown benefits at promoting weight loss, lowering cholesterol and fighting breast cancer.
  - **Quercetin** – Possibly the most powerful phytonutrient in cranberries, quercetin is high anti-inflammatory and has been proven effective in reducing allergies, improving joint pain and reducing inflammation of the arterial walls.
  - **Benzoic Acid** – Has powerful antiseptic properties and is the main compound in cranberries that reduces the risk of infection and can kill bad bacteria to naturally treat UTI, bladder infections and even acne.
  - **Epicatechins** – Are a class of phytonutrients also found in green tea and red wine. The epicatechins in cranberries have been shown to reduce the risk of heart disease, cancer and Alzheimer's disease.

## Urinary tract health

- Numerous studies have been conducted to assess the potential impact of cranberry, mainly in juice form, on UTIs and recurrent UTIs in adults and children, and most results are positive.

## Cardiovascular and metabolic benefits

- Results strongly indicated that eating berries, including cranberries in the form of juice, cranberry vinegar, or cranberry extracts, improves risk factors, including low-density lipoprotein (LDL) cholesterol, systolic blood pressure, fasting glucose, A1C and body mass index (BMI).

## Glycemic control

- Some of the compounds in unprocessed cranberries can have a positive effect on glucose
- Fresh cranberries are naturally low in sugar
  - only 12 g of carbohydrate in a full cup
  - low-glycemic index food
- In a study that examined the effect of natural dried cranberries on postprandial glucose, subjects who consumed dried cranberries with breakfast had lower postprandial glucose levels than the control subjects who consumed a banana with breakfast.
- Results of another study on 60 individuals with diabetes who took cranberry capsules also had positive results. Taking the capsules for 6 weeks resulted in significant improvements in fasting glucose and A1C.

## Gastrointestinal benefits

- *In-vitro* studies on compounds in cranberries, and studies on consumption of cranberry juice have shown benefits for controlling or eradicating the *Helicobacter pylori* (*H. pylori*) bacteria
  - associated with gastric, duodenal, and peptic ulcers, as well as gastric cancer and lymphoma.
- Cranberries exhibit antimicrobial, antifungal, and antiviral actions which act against the *H. pylori* bacteria and may also serve to enhance the gut microbiota.

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1/2 cup (50g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>25</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 45mg	1%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.