



Top 10 Reasons to Recommend Cranberries

Along with their versatility and tangy taste, here are the top 10 reasons to recommend cranberries as a part of a healthy diet!

- 10 Cranberries contain proanthocyanidins (PACs) and other polyphenols that help to prevent free radical damage.
- 9 The unusual PACs found in cranberries have an A-type linkage structure that sets them apart from most other vegetable and fruit PACs, and is responsible for their anti-adhesion properties.
- 8 Several studies show that the total antioxidant capacity of the cranberry consistently ranks higher than most other berries and commonly consumed fruits.
- 7 Cranberry PACs help ward off urinary tract infections by preventing *E. coli* from adhering to the walls of the bladder and multiplying. Instead, the bacteria get flushed out in the urine and the risk of an infection is reduced.
- 6 By reducing *H. pylori* levels in infected subjects, cranberries may help reduce the risk of stomach ulcers. According to the American Cancer Society, *H. pylori* is also a major risk factor for stomach cancer.
- 5 Cranberries may have a potential role in lowering the risk of cardiovascular disease by delaying and suppressing LDL oxidation in a dose-dependent manner.
- 4 Results from laboratory and animal studies have shown that extracts from cranberries inhibit the growth and proliferation of breast, colon, prostate, lung and esophageal tumor cells.
- 3 Naturally fat-free and with very little sodium, cranberries easily fit within the Dietary Guidelines.
- 2 One cup of cranberries has 4 grams of fiber, 65 mg of potassium and 20% of the Daily Value for vitamin C.
- 1 Available year round, cranberries are easy to incorporate into daily living—dried, fresh, as sauce or in a fruit juice cocktail—and all forms provide beneficial PACs!

