



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!

- 1 Scientists have shown that flavonoids, such as those found in cranberries, give fruits and vegetables most of their antioxidant properties and that a flavonoid-rich diet may reduce the risk of cardiovascular disease.
- 2 Cranberries naturally contain the flavonoid, proanthocyanidin (PAC) and other polyphenols that have potential health benefits.
- 3 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 bacterial anti-adhesion properties.
- 4 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.
- 5 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.
- 6 Cranberries may have a potential role in lowering the risk of cardiovascular disease by delaying and suppressing LDL oxidation in a dose-dependent manner.
- 7 Cranberries easily fit within the Dietary Guidelines for Americans and MyPlate to help you increase your daily fruit intake.
- 8 According to MyPlate, 4 oz. 100% cranberry juice or ½ cup of dried cranberries is equivalent to a 1 cup fruit serving.
- 9 One cup (110 grams) of fresh, chopped cranberries has 5.1 grams of fiber, 94 mg of potassium and over 20% of the Daily Value for vitamin C.
- 10 Cranberries are truly locally grown – as one of the three widely farmed, commercially cultivated fruits native to North America, cranberries are farmed on over 50,000 acres (20,200 hectares) across the northern United States and Canada!

For more information on current and emerging cranberry research, visit: www.Cranberryinstitute.org.

