

# How Dried Cranberries are Made



Dried cranberries are easy to find, quick to eat, and extremely versatile. Dried cranberries can be added to warm and cold cereals, salads, yogurt, rice and grain side dishes, meat entrées, casseroles, cottage cheese, sandwiches, home baked cookies, muffins and breads, or enjoyed as a snack. With a perfect blend of tart and sweet flavors, dried cranberries are a good source of dietary fiber – 2.3 grams per serving (40 gram serving) – and have similar sugar content as other dried fruits, like raisins and dried cherries.

There are several popular brands of dried cranberries to choose from, but all dried cranberries begin the same – with real cranberries. Cranberries naturally contain the flavonoid, proanthocyanidins (PACs), and research shows that cranberry PACs offer anti-adhesive properties not found in other PAC-containing fruits and vegetables.<sup>1,2</sup> The PACs in cranberries help prevent the adhesion of certain harmful bacteria, including *E. coli*, associated with urinary tract infections (UTIs).<sup>3,4</sup> A pilot study conducted by the University of Wisconsin-Madison found that women with recurring UTIs reported a reduction in UTIs for up to six months after consuming one serving of dried cranberries per day for two weeks.<sup>5</sup> And these PACs may also help inhibit the bacteria associated with gum disease and stomach ulcers, and may help protect LDL-cholesterol (“bad” cholesterol) from being oxidized due to their high antioxidant activity.<sup>5-9</sup>

## From Bog to Dried Berry

After harvesting, here is the journey that the cranberry takes to become a dried cranberry:

- Cranberries are sorted and washed to remove debris from the bog in order to ensure the highest quality dried cranberries.
- They are then frozen to retain their high quality and natural goodness, which also helps break down their internal structure and release the vibrant red coloring from the cranberry skin.
- Most of the cranberries are sliced to release and enhance the natural tart flavor of the cranberry.
- Unlike other berries, cranberries are low in sugar and high in acidity. They require sweetening to be palatable. During this step, the cranberries are sweetened to replace what nature left out; the additional sweetness helps to balance their natural tartness.
- The final step is to dry the cranberries to remove excess moisture for easy handling and packaging.



**According to MyPlate, dried fruits, such as dried cranberries, are a great snack to help you increase your intake of fruits!<sup>10</sup>**



***For more information  
about cranberries, visit us at  
cranberryinstitute.org***

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