



CRANBERRY  
MNEMONICS

**C**ranberry juice cocktail, dried cranberries, cranberry sauce, fresh and frozen cranberries are rich in a naturally occurring and unique type of flavonoid that prevent bacteria from sticking to cell walls.<sup>1</sup>

**R**esearch has shown that these bioactive compounds also help to reduce the incidence of certain infections, maintain a healthy urinary tract, improve heart health and temper inflammation.<sup>1</sup>

**A**ntibacterial, antiviral, antimicrobial, anticarcinogenic, anti-inflammatory and antioxidant are among the benefits associated with cranberry bioactives.<sup>1</sup>

**N**aturally low in sugar and more acidic than other berries, cranberries are often sweetened to improve taste and palatability.

**B**ut, when it comes to dried cranberries, the total amount of sugar is equal to that of other dried fruits, like raisins and dried cherries.

**E**xperimental data show that the mechanism of action behind cranberries in urinary tract health stems from their unique proanthocyanidins' (PACs) anti-adhesive properties, structure-activity relationships and pharmacokinetic effects.<sup>2</sup>

**R**esearch reviews support the use of alternative strategies such as cranberry consumption for the prevention of recurrent urinary tract infections (UTIs) to prevent infection, and reduce overuse and preserve the effectiveness of antibiotics.<sup>2</sup>

**R**esults from a large clinical trial published in the *Journal of Clinical Nutrition* in 2016 showed that cranberry juice reduced symptomatic UTIs by almost 40 percent in women with a recent history of UTIs.<sup>3</sup>

**Y**ear 2015 of the Dietary Guidelines for Americans explicitly states that nutrient dense foods like cranberries and rhubarb have room in a healthy diet – even when sweetened.<sup>4</sup>

1. Blumberg JB, Terri A, Camesano TA, Cassidy A, Kris-Etherton P, Howell A, Manach C, Ostertag LM, Sies H, Skulas-Ray A, Vita J. Cranberries and their bioactive constituents in human health. *Adv Nutr*. 2013;4:1–15. 2. Salvatore Micali, Gianmarco Isgro, Giampaolo Bianchi, Natalizia Miceli, Gioacchino Calapai, Michele Navarra (2014). Cranberry and Recurrent Cystitis: More than Marketing? *Critical Reviews in Food Science and Nutrition*,54:8,1063-1075. 3. Maki KC, Kaspara KL, Khoo C, Derrig LH, Schild AL, Gupta K (2016) Consumption of a cranberry juice beverage lowered the number of clinical urinary tract infection episodes in women with a recent history of urinary tract infection. *Am J Clin Nutr*,103:6,1434-1442. 4. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8<sup>th</sup> Edition. <http://health.gov/dietaryguidelines/2015/guidelines/>