

Cranberry Health News

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www.cranberryinstitute.org

In this issue of Cranberry Health News, you'll find the latest updates on cranberry health research relating to heart health, interactions with warfarin, and anti-viral properties. As new studies emerge about the potential health benefits of cranberries, the Cranberry Institute aims to provide you with this information in order to facilitate a deepened understanding of cranberries, especially as it may relate to improved patient care.

NEW STUDY SHOWS IMPACT OF CRANBERRY JUICE ON HDL-CHOLESTEROL CONCENTRATIONS IN MEN

A diet rich in antioxidants is associated with a reduced risk of cardiovascular disease (CVD) and has been observed in studies with vitamin E and total dietary flavonoid intake. Given the rich and unique profile of cranberry flavonoids, recent studies have looked specifically at the distinct protective effects of this fruit.

A new study published in a recent edition of *British Journal of Nutrition* and led by Dr. Guillaume Ruel at the Institute of Nutraceuticals and Functional Foods at Laval University in Quebec, Canada, revealed some new information on the effect of cranberry juice on HDL-concentration. A low HDL-cholesterol concentration has been shown to be a risk factor for CVD. The aim of this published study was to determine the effect of low-calorie cranberry juice cocktail consumption on the plasma lipid profile of abdominally obese men. Before the study and at each phase, participants were tested for changes in physical and metabolic variables. A significant increase in plasma HDL was noted after the consumption of 250ml of cranberry juice a day.

For more information on cranberries and heart health, please visit:

<http://www.cranberryinstitute.org/health/heart.htm>

After three successive periods of 4 weeks, the results showed that daily cranberry juice consumption was associated with an increase in plasma HDL-cholesterol concentrations. The researchers hypothesize that the polyphenols from cranberries may be responsible for this effect, supporting other studies that have shown consumption of flavonoid-rich foods can be cardioprotective. This is a preliminary but exciting study, and additional clinical research is required for confirmation.

Reference: Ruel G, et al. Favourable impact of low-calorie cranberry juice consumption on plasma HDL-cholesterol concentrations in men. *British Journal of Nutrition*. 2006; 96(2): 357-64.



Calendar of Events

School Nutrition Association Annual National Conference

Visit the CMC Booth and
Culinary Demo!

July 15-18, 2007

Chicago, IL

For more information, visit

www.schoolnutrition.org

Institute of Food Technologists

Visit the educational session

“An overview of the research
base supporting the health
benefits of cranberries, including
clinical and mechanistic
findings”

July 30, 2007

Chicago, IL

For more information, visit

www.ift.org

Take the Cranberry Institute Health Professional Online Survey

We want to hear from you!

We are conducting a short survey
to learn more about health
professionals' attitudes about
cranberry health
benefits, likelihood of
recommending cranberries to
patients, and perception of the
Cranberry Institute.

To access the survey, visit:

<http://www.surveymonkey.com/s.asp?A=167853737E76197>

UPDATE ON CRANBERRIES AND WARFARIN: STUDY SHOWS CRANBERRY DOES NOT AFFECT PROTHROMBIN

In a study led by Dr. Zhaoping Li of University of California, Los Angeles, researchers examined the potential interaction of cranberry beverages and warfarin. Non-scientific anecdotes in the UK have suggested such an interaction might exist. To date, this is the first scientific, clinically-based research study to examine this potential interaction. The study was a randomized, placebo-controlled, double-blind, crossover study to investigate the effect of cranberry juice on prothrombin time as assessed by the international normalized ratio (INR).

Seven subjects with atrial fibrillation on a stable dose of warfarin for 3 months were randomized to consume 250 mL of cranberry juice for 7 days, then placebo for 7 days, or vice versa. The prothrombin time/INR was measured at baseline, and on days 2, 4, 7, 10, 14, 16, 18, 21, and 24. Data were analyzed by the Student-t test for paired values. The baseline INR was 2.28+/-0.54 for the cranberry group and 2.13+/-0.50 for the placebo group. For all test points, the INR did not change significantly from baseline. At day 7 on cranberry juice, the INR was 2.23+/-0.53 for cranberry first group and 2.16+/-0.40 for placebo first group. “Our results suggest no significant interaction between the daily consumption of 250 mL cranberry juice and warfarin. When counseling patients on dietary changes necessary during warfarin treatment, it does not seem necessary to eliminate daily cranberry juice consumption at amounts of 250 mL, but the INR should be followed up closely.”

Reference: Li Z. et al. Cranberry does not affect prothrombin time in male subjects on warfarin. *Journal of the American Dietetic Association*. 2006; 106(12):2057-61.

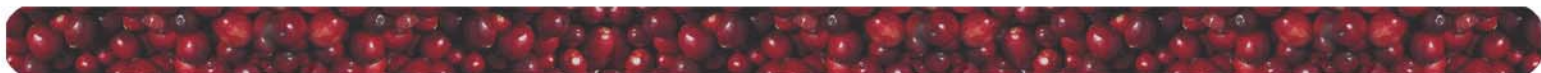
CRANBERRIES MAY HELP FIGHT VIRUSES

New preliminary research into the preventative powers of cranberries suggests that cranberries may help fight intestinal viruses. In a study funded by the Metropolitan Association of College and University Biologists and presented at the 107th General Meeting of the American Society of Microbiology, researchers studied the effects of cranberry juice on a bovine reovirus (similar to viral strains causing diarrhea) in lab mice.

Dr. Steven M. Lipson and Associate Dean Allen Burdowski (St. Francis College) found that inoculating mice with cranberry juice reduced clinical signs of intestinal disease to a non-detectable level, thereby preventing the effects of dehydration. Human clinical research is needed to confirm these highly significant results.

According to the Centers for Disease Control, intestinal viruses that cause diarrhea are responsible for 55,000 hospital visits a year, mostly among infants and toddlers. Worldwide, the numbers are much higher, causing some 600,000 deaths a year.

Source: Adapted from “Cranberries & Grapes Proven Virus Fighters: Study on mice has potential to help millions of people.” St. Francis College, May 24, 2007.



Did You Know?

*Better Patient Care:
Choose cranberries to prevent
summertime UTIs*

Summertime is the perfect time of year for swimming and enjoying the outdoors, activities that may increase the risk of urinary tract infections – especially in women. Sweat, pool water, damp towels and clothing in direct contact with the skin can form breeding grounds for harmful bacteria. To help your patients prevent painful summertime UTIs, recommend a daily serving of cranberries. Incorporating cranberries into the diet is easy. From a glass of cranberry juice to a handful of dried cranberries, there are four delicious ways your patients can enjoy the bacteria-blocking benefit.

One recipe to try? A delicious cranberry earl grey granita, featured here. Made with cranberry juice concentrate, and chilled to perfection, round-the-clock protection from bacteria never tasted so great.

CRANBERRY EARL GREY GRANITA

Prep time: 6 minutes
Freezing time: 8 hours
Makes: 6 servings



1 1/2 cups
3
1 can (12 oz)

Water, boiling
Earl Grey tea bags
Cranberry juice concentrate, thawed

Place boiling water and tea bags in medium bowl and brew for 5 minutes. Remove tea bags and pour juice concentrate into tea; stir until blended.

Pour mixture into 9x5x4-inch loaf pan. Cover and freeze for 8 hours or overnight.

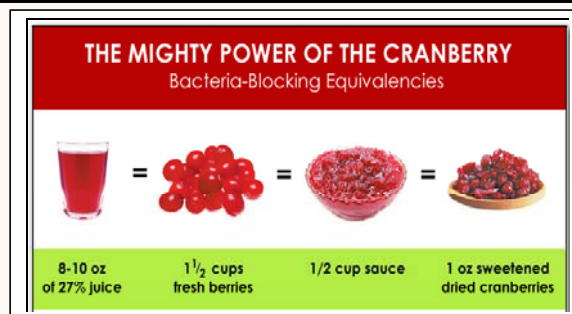
Scrape granita into flakes with spoon and scoop into chilled serving dishes.

Nutritional Analysis per Serving: Calories 150 (0% Calories from Fat), 0g Protein, 37g Carbohydrate, 0g Fiber, 0g Fat, 0g Sat. Fat, 0g Trans Fat, 0mg Cholesterol, 0mg Sodium

LIMITED TIME OFFER *for You and Your Patients:*

BACTERIA-BLOCKING EQUIVALENCIES MAGNET

A helpful reminder to consume at least one cranberry product each day to receive the maximum anti-adhesion benefit. To request magnets for your home or office, contact mhogan.cmc@verizon.net.



If you would like to receive a quarterly e-mail reminder that will link you to this newsletter, or if you have comments, questions or suggestions, please e-mail: cinews@publicis-pr.com