

Health benefits of cherry fruit

- Cherries are one of the very low calorie fruits. Nonetheless, they are rich source of phytonutrients, vitamins, and minerals. Both sweet as well as tart cherries are packed with numerous health benefiting compounds that are essential for wellness.
- Cherries are pigment rich fruits. These pigments, in fact, are polyphenolic flavonoid compounds known as anthocyanin glycosides. Anthocyanins are red, purple or blue pigments found in many fruits and vegetables, especially concentrated in their skin, known to have powerful anti-oxidant properties.
- Scientific studies have shown that anthocyanins in the cherries are found to act like anti-inflammatory drugs by blocking the actions of enzymes cyclooxygenase-1 and 2. Thus, consumption of cherries may offer potential health effects against chronic painful episodes such as gout arthritis, fibromyalgia (painful muscle condition) and sports injuries.
- Research studies also suggest that anti-oxidant compounds in tart cherries can help the human body to fight against cancers, aging and neurological diseases, and pre-diabetes condition.

Principle	Nutrient Value	Percentage of RDA
Energy	63 cal	50 cal
Carbohydrates	16.1 g	12.18 g
Protein	1.06 g	1.00 g
Total Fat	0.20 g	0.30 g
Cholesterol	0 mg	0 mg
Dietary Fiber	2.1 g	1.6 g
Thiamin	0.027 mg	0.030 mg
Vitamin A	640 IU	1283 IU
Vitamin C	21 mg	43 mg
Calcium	13 mg	16 mg
Copper	0.060 mg	0.104 mg
Iron	0.36 mg	0.32 mg
Magnesium	11 mg	9 mg
Manganese	0.070 mg	0.112mg
Phosphorus	21 mg	15 mg
Zinc	0.07 mg	0.10 mg