

## Health benefits of Cranberries

- Delicious, tart cranberries hold significantly high amounts of phenolic flavonoid phytochemicals called *pro-anthocyanidins* (PAC's). Scientific studies have shown that consumption of berries have potential health benefits against cancer, aging and neurological diseases, inflammation, diabetes, and bacterial infections.
- Antioxidant compounds in cranberries such as oligomeric proanthocyanidins (OPC's), anthocyanin flavonoids, cyanidin, peonidin and quercetin may prevent cardiovascular disease by counteracting against cholesterol plaque formation in the heart and blood vessels. Further, these compounds help the human body lower LDL cholesterol levels and increase HDL-good cholesterol levels in the blood.
- Research studies show that cranberry juice consumption offers protection against gram-negative bacterial infections such as E.coli in the urinary system by inhibiting bacterial-attachment to the bladder and urethra.

Principle	Nutrient Value	Percentage of RDA
Energy	46 Kcal	2.3%
Carbohydrates	12.2 g	9%
Protein	0.4 g	1%
Total Fat	0.13 g	<1%
Cholesterol	0 mg	0%
Dietary Fiber	4.6 g	12%
Thiamin	0.012mg	1%
Vitamin A	60 IU	2%
Vitamin C	13.3 mg	22%
Vitamin E	1.20 mg	8%
Vitamin K	5.1 µg	4%
Calcium	8 mg	1%
Copper	0.061mg	7%
Iron	0.25 mg	3%
Magnesium	6 mg	1.5%
Manganese	0.360mg	16%
Phosphorus	13 mg	2%
Selenium	0.1 µg	0%
Zinc	0.10 mg	1%