

## **Cranberries**

### **Overview:**

Cranberries are a fall fruit, which is what makes them such a popular Thanksgiving staple. Cranberries often don't get the recognition they deserve. They are a nutrient-dense fruit, about 90% water and have 3.6 g of dietary fiber in one cup. Cranberries are also full of antioxidants. Fresh cranberries have a very low sugar content and are high in fiber and vitamins C, A and K.

### **Nutrition Facts:**

According to the [USDA database](#), 1 cup of raw cranberries (whole) has:

- 46 kcal
- 12 g carbohydrates
- 0.4 g protein
- 0.1 g fat
- 3.6 g dietary fiber
- 4 g total sugars
- 8 mg calcium
- .23 mg iron
- 6 mg magnesium
- 11 mg phosphorus
- 80 mg potassium
- 14 mg vitamin C
- Some thiamin, riboflavin, niacin, B6, folate, B12, vitamin A

## **Health Benefits:**

### ***Cranberries are an excellent source of antioxidants***

#### [Effects of cranberry \(\*Vaccinium macrocarpon\*\) supplementation on iron status and inflammatory markers in rowers](#)

- Increase in antioxidant potential after cranberry supplementation
- Shown that antioxidant capacity of cranberry fruits is greater when they accumulate more anthocyanins
- Supplementation with cranberry extract contributed to a significant strengthening of antioxidant potential in people exposed to physical exercise

### ***Cranberries help prevent urinary tract infections***

#### [Consumption of cranberry juice beverage lowered the number of clinical urinary tract infection episodes in women with a recent history of urinary tract infection](#)

- Daily consumption of a cranberry beverage for a 24-week period produced a 39% reduction in clinical UTI episodes
- Largest study to date to evaluate the influence of cranberry-product consumption on UTI incidence in women
- Results from studies have suggested that cranberry interferes with the attachment of E coli to epithelial cells in the bladder, periurethral region and GI tract
- Cranberry may suppress inflammation
- Conclusion of the study is that cranberry consumption is a useful strategy for reducing recurrent clinical UTI episodes and antibiotic use associated with UTIs

### ***Cranberries have anti-inflammatory properties***

#### [Effects of cranberry \(\*Vaccinium macrocarpon\*\) supplementation on iron status and inflammatory markers in rowers](#)

- American cranberries have been used for a long time in traditional folk medicine, mostly as a treatment for UTIs
- Findings imply that administration of cranberry extract may stimulate an increase in serum TAC
- Anthocyanins are present in cranberry fruits- they exert anti-inflammatory effect due to their ability to inhibit principal enzymes activated during the course of inflammation

### ***Cranberries are good for oral health***

#### [Cranberry polyphenols: natural weapons against dental caries](#)

- Cranberry polyphenols have the potential to moderate cariogenic virulence, allowing them to possibly reverse the microbiome dysbiosis responsible for dental carries and still retain the key benefits of the resident oral microbiome

#### [Exploring the role of cranberry polyphenols in periodontitis: a brief review](#)

- Cranberries have shown therapeutic potential in oral disease because of their anti-adhesive and anti-microbial properties
- Drinking cranberry juice cannot be a substitute for medical treatment or cure of UTIs, ulcers or periodontal disease

### *Eating cranberries may reduce risk of cardiovascular disease*

#### Cranberry juice consumption lowers markers of cardiometabolic risk

- Consuming flavonoids and polyphenols are a simple and heart healthy lifestyle modification
- Cranberries are rich in a bunch of polyphenols, which have been associated with reducing biomarkers of chronic disease, specifically heart disease
- Study showed that participants consuming low calorie cranberry juice had lower CVD risk factors
  - o Cranberry juice used in this study was sweetened with sucralose

### *Cranberries are a great source of fiber*

Dried cranberries often get a bad rap because they have a ton of added sugar.

**NUTRITIONAL INFORMATION** ✕

<b>Nutrition Facts</b>	
Serving Size 1/4 cup (40g)	
Servings Per Container About 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 130	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 33g	<b>11%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 29g	
<b>Protein</b> 0g	
Not a significant source of cholesterol, vitamin A, vitamin C, calcium, or Iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	
<b>INGREDIENTS:</b> CRANBERRIES, SUGAR.	
Refined sunflower oil is used as a processing aid.	

[Above is the label from Ocean Spray Craisins.](#)

Dried cranberries

- 1/4 of a cup has 29g of added sugar
- The sugar is added to improve texture and water content
- Cranberries are very tart, so the sugar makes them sweeter
- It's interesting because as a whole fruit, cranberries have a very low sugar content, but when dried there is so much added

- Often [compare](#) raisins to cranberries, and technically the raisins have more sugar, but the difference is that raisins are full of natural sugar and dried cranberries are full of added sugar
- It seems as though the desired outcome of adding sugar to cranberries when drying them is to turn a tart fruit sweet, but the dried fruit loses some vitamins, minerals and antioxidants

**The best way** to eat cranberries is in their fresh form. If they're too tart for you, sprinkle some sugar or sweetener on top of them – it will allow you to have a sweet treat with significantly less sugar than dried cranberries have.

### **Google Questions:**

*Are raw cranberries good for you?*

Raw cranberries are great for you! They are an excellent source of fiber, low in sugar and have tons of vitamin A, C and K.

*What happens if you eat too many cranberries?*

Like with all fruits, it's best to stick to the serving size.

*What does cranberry juice do for you sexually?*

\*\*I couldn't find anything on this

*How many dried cranberries should I eat a day?*

A serving size of dried cranberries is ¼ cup.