

A cluster of five bright red cranberries is positioned at the top of the page, resting on a large, light green leaf. The leaf is set against a background of a red and white polka-dot pattern. The word "CRANBERRIES" is written in large, bold, red, serif capital letters across the middle of the leaf. Below it, the phrase "not just a Thanksgiving food..." is written in a smaller, black, cursive font.

CRANBERRIES

not just a Thanksgiving food...

Did you know?

Native Americans first used the cranberry for food as well as for medicinal purposes. They not only believed that eating cranberries could ward off certain diseases, but also used cranberries in ointments to treat wounds and blood poisoning.

Today, we know they had the right idea. Research has shown that each tiny cranberry is packed with phytonutrients or plant nutrients. Many of these phytonutrients can be classified as **FLAVONOIDS**, which are powerful antioxidants. Antioxidants help maintain cell structure and good health by combining with and neutralizing "free radicals" (highly reactive chemicals which damage cell walls). In fact, cranberries have one of the highest concentrations of antioxidants, when compared with other fruits.

TINY BUT MIGHTY

UTIs, Ulcers & Gum Disease

Folklore has for years promoted cranberry juice in preventing urinary tract infection (UTI). New research reaffirms that cranberries may aid in UTI prevention, because they contain anti-adhesive **PROANTHOCYANIDINS** and **TANNINS** which prevent undesirable bacteria from sticking to the bladder walls. In a similar way, preliminary research suggests that proanthocyanidins may also make it more difficult for ulcer-causing *Helicobacter pylori* bacteria to stick to gastric walls and make it more difficult for gum disease causing dental plaque to stick to gums.

Cancer and Heart Disease

Early research studies also suggest that the antioxidant properties of flavonoids in cranberries may play a role in preventing both cardiovascular disease and certain cancers. More study in humans is needed to establish the relationship, but initial laboratory studies are promising.

As you can see, there are many health-related reasons to include cranberries in your diet, but the most important reason is that they add color and zest to dishes and taste great too!

The word "SUPERFOODS" is written in a bold, red, sans-serif font with a white outline. It is set against a yellow, multi-pointed starburst background. The entire graphic is positioned at the bottom center of the page, overlapping the green leaf and the red polka-dot background.

SUPERFOODS