

NUTRITIONAL VALUE OF CRANBERRIES

Cranberries not only add pizzazz and panache to a wide variety of menu items, but these tangy little berries deliver a powerful dose of antioxidants that help promote good health. Incorporating this nutrient-dense fruit into recipes can help improve the overall nutritional quality of food.

RED FOR A REASON

One of the most distinctive characteristics of cranberries is the unique flavonoid mix including anthocyanins, the pigments that give cranberries their vibrant red colour, and condensed tannins or proanthocyanidins (PACs), which signal the presence of powerful bacteria-blocking properties. Research indicates that this antiadhesion mechanism is what makes cranberries effective in preventing urinary tract infections (UTIs) and possibly other bacteria-related diseases including gum disease and some ulcers. Cranberries are now not only well established for UTI prevention, but the media, health community and consumers also recognise a wide array of additional health benefits linked to cranberries.

HEART HEALTHY

Compared with other common fruits, cranberries possess one of the highest flavonoid concentrations and have been praised for their high antioxidant capacity. It is well documented that a diet rich in antioxidants is associated with a reduced risk of cardiovascular disease and cranberries are a rich source of antioxidant nutrients. Increase the cardioprotective benefits of heart-healthy recipes and menu items by adding any of the available forms of cranberries.

A PLACE ON THE LOW-CARB PLATE

Fresh and frozen cranberries are considered low in carbohydrates, have a low glycemic index and can easily fit within the parameters of low-carb dishes. Whether your meals feed low-carb, low-calorie or low-fat dieters, cranberries can play a major role in adding sparkle to a taste bud-pleasing meal that never tastes like diet fare.

NUTRITIONAL PROFILE – TYPICAL VALUE

	Fresh/Frozen Cranberries (100g/305oz)	Dried Cranberries (40g/1.4oz. Sweetened)	Cranberry Sauce (100g/3.5oz canned/sweetened)	Cranberry Juice (237ml of cranberry juice)
Energy (kcal)	46	123	151	144
Total fat (g)	0.1	0.5	0.1	0.3
Saturated fat (g)	0	0	0	0
Monounsaturated fat (g)	0	0.1	0	0
Polyunsaturated fat (g)	0.2	0.2	0.1	0.3
Dietary fibre (g)	4.6	2.3	1	0.4
Protein (g)	0.4	0.03	0.2	0
Carbohydrate (g)	12.2	32.9	38.9	36.4
Cholesterol (mg)	0	0	0	5
Sodium (mg)	2	1.2	29	6
Vitamin C (mg)	13.3	0.08	0	89.5
Vitamin A (IU)	60	0	42	10
Potassium (mg)	85	16	26	45.5

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