

Top 10 Reasons Why Cranberries Belong in Your Diet

With their tangy taste and versatile uses, here are the top 10 reasons to include cranberries in a healthy diet:

1. Healthful Goodness

Naturally low in calories, cranberries provide fiber and vitamin C, and are packed with unique plant compounds known as polyphenols.

3. Rich in Beneficial Polyphenols

Cranberry polyphenols may help support urinary tract, heart, gut, oral, and immune health, and show promise in cancer prevention.

5. Support Urinary Tract Health

Cranberries contain special polyphenols called A-type proanthocyanidins (PACs), which may help prevent harmful bacteria like *E. coli* from attaching to the bladder wall, reducing the risk of urinary tract infections.

2. Count as a Serving of Fruit

According to Singapore's My Healthy Plate, adults should consume 2 servings of fruit daily. A serving can include $\frac{1}{4}$ cup of dried fruit, such as dried cranberries.

4. Heart Health Support

Cranberry polyphenols may help keep cholesterol in check, support artery and blood vessel health, aid healthy blood pressure and reduce oxidative stress and inflammation.



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America's Original Superfruit®

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6. Natural Defense Against Cancer

Early research indicates cranberries may help prevent cancer by reducing tumour growth, cell proliferation, and inflammation, due to their rich polyphenol and antioxidant content.

8. Promote Gut Health

Fiber in fresh, dried cranberries and cranberry sauce may support healthy digestion and regularity, while cranberry polyphenols act as prebiotics and feed beneficial gut bacteria like *Bifidobacteria* and *Lactobacillus*, while inhibiting harmful ones.

10. Boost Immunity

Cranberry polyphenols have antibacterial and antiviral properties that may help strengthen the body's natural defenses.

7. Enhance Oral Health

Cranberry compounds may help prevent cavity-causing bacteria from sticking to teeth and gums, thus reducing plaque buildup, tooth decay and gum disease.

9. Anti-Inflammatory Power

Adding cranberries to your regular diet may help lower inflammation, boost immune health, and support protection against inflammation-related conditions such as heart disease, arthritis, and fatty liver.

For more information,

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US CRANBERRIES
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Cranberries... How much daily?

Just...

¼ cup fresh or frozen cranberries,
OR ¼ cup cranberry sauce,
OR ¼ cup 100% pure cranberry juice
(or 1 cup 27% juice cocktail),
OR ⅓ cup dried cranberries –

a day can help protect
your heart, urinary, and
gut health – naturally!

