

DRIED CRANBERRIES

Small Fruit. Big Benefits.

Dried cranberries are a convenient, delicious way to enjoy the natural goodness of cranberries all year round.

Just $\frac{1}{4}$ cup (42 g) counts as one serving of fruit.



WHY CHOOSE DRIED CRANBERRIES?



Contain beneficial polyphenols including **PACs**, **anthocyanins**, and **flavonols**.



Antioxidant polyphenols may help protect cells from **oxidative stress** and **inflammation**.



Provide fiber and polyphenols that may support **gut health** and **digestive balance**.



Support **urinary tract health** by helping prevent bacteria from sticking to the urinary tract.



May support **heart and metabolic health** by helping maintain healthy cholesterol, blood pressure, and circulation.

NUTRITION SNAPSHOT

PER $\frac{1}{4}$ CUP (42 g)



129 kcal



2.3 g
dietary fiber



Source of
beneficial plant
compounds
(polyphenols)

SMART TIPS

- ✓ Choose lower added sugar options
- ✓ Store in a cool, dark place
- ✓ Refrigerate after opening
- ✓ Pair with roasted nuts or whole grains for balanced snacking



EASY WAYS TO ENJOY

Add to yogurt, oatmeal and cereals, trail mixes, salads, baking recipes, rice dishes, vegetable or meat stir-fries, and more for a sweet-tart flavor.



YOGURT



OATMEAL &
CEREALS



TRAIL
MIXES



SALADS



BAKING
RECIPES



RICE
DISHES



STIR-FRIES

THE BOTTOM LINE

Dried cranberries are a tasty and versatile snack with promising benefits for urinary, gut, heart, and metabolic health when enjoyed regularly as part of a balanced diet.



For the full article on *Nutrition and Health Benefits of Dried Cranberries*, visit:
www.uscranberriesasean.com/nutrition-health-benefits-of-dried-cranberries

