



Cranberries

The Health Benefits of Cranberries

Just one cup of fresh or frozen cranberries provides:

- 51 Calories, 0 fat , 0 protein and 5 gm of dietary fiber
- No dietary cholesterol
- Great source of vitamin C and powerful polyphenol antioxidants
- Vitamins K and E, beta-carotene, potassium and manganese

Nutrients in Cranberries

- Polyphenol antioxidants protect against plaque formation in the arteries
- These same compounds have shown to be protective against cancer, aging, inflammation, diabetes and bacterial infections
- They are inexpensive and versatile. Use them in salads, cereals, muffins, casseroles, smoothies and even holiday punch

For more information, visit our website:
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