

Cranberries—How Do They Do It?

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(NAPSA)—The connection between cranberries and health is longstanding. Folklore has long held that drinking cranberry juice helps to prevent urinary tract infections (UTIs). The folklore appears to have become fact in the early 1990s when a study, published in the *Journal of the American Medical Association*, showed that elderly women who drank 10 ounces of cranberry juice cocktail every day significantly reduced bacteria in the urinary tract.



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It was once widely thought that cranberries helped maintain urinary tract health by acidifying the urine. Rather, scientists have identified a bacteria blocking mechanism in cranberries. In 1998, researchers at Rutgers University identified the specific components as proanthocyanidins. This work supports the “anti-stick” theory of how the proanthocyanidins work to promote urinary tract health.

A UTI occurs when bacteria attach to the urinary tract wall and multiply. Researchers believe that proanthocyanidins found in cranberry juice cocktail disable certain harmful bacteria, making it difficult for them to stick to the urinary tract and cause an infection. As the global issue of antibiotic resistance becomes more problematic, drinking cranberry juice cocktail every day may be a simple and effective way to help to maintain urinary tract health. As with any infection, a healthcare professional should be consulted for proper management.

Research supports that a serving of cranberry juice cocktail every day will help maintain urinary tract health. Fresh cranberries, dried cranberries and canned cranberry sauce also provide the “anti-stick” benefit.

Here are some creative ways to enjoy cranberries on your way to 5 servings of fruits and vegetables each day:

- Make your favorite tea with hot cranberry juice cocktail instead of water.



- Chop 1 package of fresh cranberries, 1 diced orange and $\frac{3}{4}$ cup toasted nuts in a food processor. Sweeten to taste and enjoy with turkey, chicken or pork. Or heat this relish and serve it over French toast.

- Melt a 15-oz. can of jellied cranberry sauce and $\frac{1}{2}$ cup chocolate chips over medium heat. Stir until smooth and serve over poached fruit or low-fat ice cream.

Cranberry Vanilla Smoothie

**4 ounces Ocean Spray®
Cranberry Juice Cocktail
with Calcium**

**3 ounces vanilla-flavored
soy milk**

$\frac{1}{2}$ banana, cut into slices

**$\frac{1}{4}$ cup raspberries, fresh or
frozen**

$\frac{1}{4}$ cup low-fat vanilla yogurt

$\frac{1}{4}$ cup crushed ice

Put all ingredients in a blender. Blend for a few seconds on high speed or until ingredients are thoroughly combined. Pour into a glass. Makes 1 serving.

Nutrition information per serving: Calories 302; Fat 4g; Protein 8g; Chol. 7mg; Sodium 140mg; Vit. C 51mg; Vit. A 126RE; Vit. E 1mg; Calcium 365mg; Iron 1mg; Folate 19Ug; Pot. 646mg; Dietary exchange: Milk 1, Fruit 3, Fat 0.5.

Find this and other recipes in Ocean Spray's *A Taste of Life*, a new book with a fresh approach to health for women. Call 1-800-662-3263 to order. For information on cranberries and the new white cranberry juice drinks, visit www.oceanspray.com. For information on the 5 A Day for Better Health program, visit www.5aday.com and www.aboutproduce.com.



Note to Editors: Thirty-eighth in a series of monthly 5-A-Day columns.