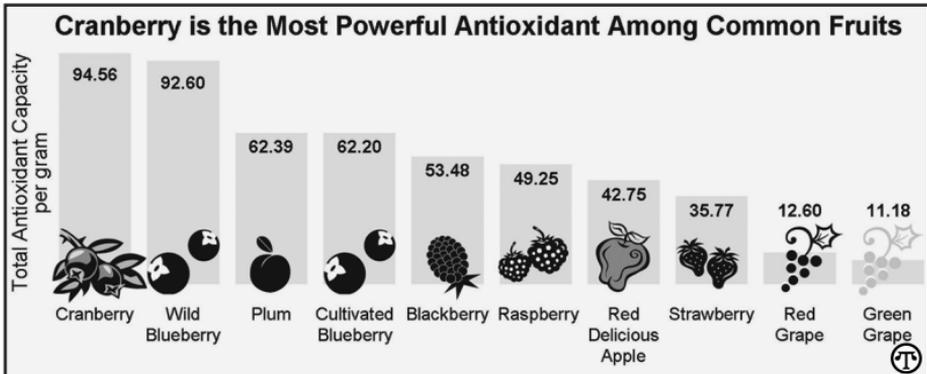


NUTRITION NEWS & NOTES

Double-Duty Berry Outperforms Other Fruits



Studies show that the delicious cranberry is a nutritional powerhouse with many benefits.

(NAPSA)—According to a recent study, when it comes to antioxidant muscle, cranberries are the strongest of the bunch, with more naturally occurring antioxidants than most other common fruit. Already known for its “anti-stick” properties that help ward off urinary tract infections, the cranberry is the double-duty berry that packs a one-two punch of both antioxidant and anti-stick benefits.

The study, published in the *Journal of Agricultural and Food Chemistry*, ranked common fruits according to the total antioxidant capacity (TAC) per gram. With a TAC of 95, cranberries surpassed the TAC of all other common fruits including wild blueberries (93), raspberries (54), plums (62) and cultivated blueberries (62).

Additionally, recent research suggests that drinking one glass of Light Cranberry Juice Cocktail packs enough antioxidant power to help boost “good” cholesterol to protect against heart disease and

also bolster the body’s defenses against free-radical damage that can contribute to many other chronic diseases.

What’s more, proanthocyanidins, or PACs, are the all-natural compounds in cranberries that keep certain bacteria from sticking to the body, helping to ward off urinary tract infections, stomach ulcers and gum disease.

It’s easy to incorporate cranberries into your diet.

- Toss Craisins® Sweetened Dried Cranberries into yogurt or hot or cold cereal to add a healthy twist to everyday breakfast foods.

- For lunch, use a fat-free and flavorful sandwich spread like cranberry sauce on a turkey or ham sandwich.

- At dinnertime, create a spicy cranberry chutney using fresh or frozen cranberries and serve over grilled salmon, chicken or pork.

- Snack on a refreshing glass of Premium 100% Cranberry Juice Blend for an energy boost during the day.