

Give Thanks to Your Health All Year Long with Cranberries

Here are **12 things to know about cranberries** to help you enjoy them and reap their whole body benefits throughout the year.

January

Add some fiber to your day. One half cup of dried or whole cranberries supplies 2.3 grams of fiber. Fiber promotes fullness and healthy weight, prevents constipation and can help control blood glucose and cholesterol levels.² Pack a trail mix snack with dried cranberries, nuts and seeds.

February

Show your heart some TLC. Studies show that flavonoids (polyphenols) give fruits like cranberries, and vegetables most of their antioxidant properties. A flavonoid-rich diet may reduce the risk of heart disease.³ Add frozen, thawed cranberries to your rice dish during the last few minutes of cooking.

March

A little bit of sweetness goes a long way. Cranberry juice cocktail and dried cranberries are sweetened because, unlike other berries, cranberries are naturally low in sugar and high in acidity, so they require sweetening to be palatable. Enjoy a glass of cranberry juice cocktail anytime.

April

Fight inflammation. The anti-inflammatory activity of cranberries was first discovered in 2009. Studies using animal models have shown that consuming cranberries significantly lowers pro-inflammatory markers.^{6,7} Try adding dried cranberries to your hot or cold pasta dish.

May

Get your PACs here. Cranberries naturally contain the flavonoid, proanthocyanidins (PACs). The structure of PACs in cranberries promote bacterial anti-adhesive properties not found in other commonly consumed fruits and vegetables.⁴ Add a cup of cranberry juice or frozen cranberries to your morning smoothie.

June

Skip the candy and snack on dried fruit instead. Choose MyPlate recommends doing this to help you eat more fruits daily.⁵



July

Hydrate with a refreshing cranberry citrus spritzer. Add a splash of 100% cranberry juice and orange juice to plain seltzer and finish with a lime wedge.



August

Keep your gut bacteria healthy. A small study of 10 subjects found that dried cranberries had a positive impact on the natural bacteria in the gut.¹¹ Based on these findings the study of cranberry's role in gut health is likely to grow. Mix dried cranberries into soft goat cheese and scoop with some whole grain crackers.

September

Reduce your risk for H. pylori infection. A 2020 clinical trial found that drinking cranberry juice containing 44 mg of PACs per serving two times a day could be a natural, complementary management strategy for adults with H. pylori infection.¹⁰ To get your 44 mg PACs twice a day have ½ cup 100% pure cranberry juice in the morning and evening. Feel free to mix it into another type of juice or seltzer.

October

It's cranberry season! Enjoy some fresh cranberries. Make cranberry salsa with chopped fresh cranberries, jalapeno peppers, green onions, lime juice and a little sugar and salt.

November

Lower your risk of UTIs (urinary tract infections). For decades, research has supported the use of cranberry products to reduce the incidence and recurrence of UTIs in men, women and children.^{6,7,8,9} Make your own cranberry sauce from fresh berries, orange juice, zest and a little sugar.

December

Ways to get your cranberries. Juices, sauce, and dried cranberries are available year-round at your grocery store. Fresh fruit is generally available from September to December. Add a handful of fresh cranberries and some orange juice to your morning smoothie.