


Love Your Gut with:

Cranberries

The 
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Gut Microbiota and You




PACs found in cranberries, cranberry juice and certain cranberry supplements have anti-adhesion effects that help gut and urinary tract microbiota.^{6,9}

Gut microbiota, also known as gut flora, are the microorganisms that live in your digestive tract. In fact, it's made up of trillions of bacteria, fungi and other microbes that perform a variety of important functions that are essential to human health and survival.¹ A typical American diet, which often includes processed foods, high amounts of fat and low amounts of fiber, is connected to disruption in the gut microbiota and promotion of inflammation. A healthful diet including increased fiber and unsaturated fats, such as olive oil and avocado, is connected to healthy gut microbiota.^{2,3,4}

One way to ensure resilient gut microbiota is by eating a healthy, fiber-rich diet. This can help maintain healthy gut microbiota which protects the body against germs, supports immunity, inhibits production of inflammatory compounds called lipopolysaccharide (LPS), and produces healthful short-chain fatty acids (SCFA).^{4,5} SCFA provide energy to intestinal cells to strengthen the gut wall and prevent leaky gut, helping to inhibit LPS from stimulating the immune system and causing inflammation, which can lead to a variety of chronic diseases.⁶

In fact, gut microbiota changes can be seen within days of changing the diet. What we eat shapes our gut microbiota. Choosing healthy foods results in positive changes, including increases in the number and type of gut microbiota.¹



According to the 2020-2025 Dietary Guidelines for Americans, more than 80% of Americans don't eat enough fruit.

The goal is to have about two cups of fruit daily, mostly as whole fruit. Meet this goal and enjoy the many health benefits of cranberries by tossing dried cranberries into pasta and salads, have a glass of cranberry juice anytime and try using fresh or frozen cranberries in cranberry salsa or smoothies.⁷



Goal:
2 Cups of Fruit Daily



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Cranberries Help Gut Microbiota

Cranberries contain fiber & other compounds that help gut microbiota grow and thrive.

Anti-Adhesion Effects of PACs in Cranberries

Significant amount of the research on proanthocyanidins (PACs) found in cranberries has focused on their anti-adhesion effects that benefit urinary tract health by helping to prevent urinary tract infections. Biofilm formation is an early step in the development of an infection, and PACs, and possibly flavonols, found in cranberries help prevent biofilm formation, which benefits gut and urinary tract microbiota.⁶

Dried Cranberries Help Gut Bacteria

A small study of 10 people found that sweetened dried cranberries had a positive impact on the natural bacteria in the gut.⁸

New Evidence About Cranberry Oligosaccharides

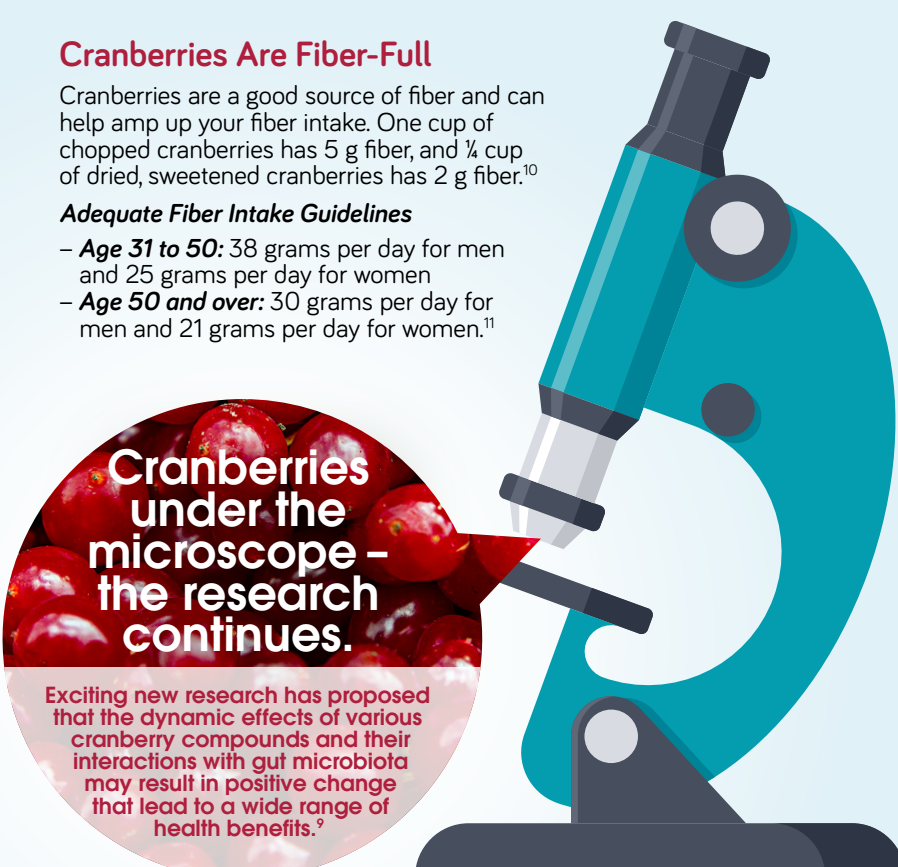
Prebiotics are one of the most well studied dietary factors linked to benefits for gut microbiota, and cranberries have oligosaccharides, carbohydrates found in the berries, that are thought to have prebiotic effects on both gut and urinary tract microbiota.^{4,9} Stay tuned for more research on this connection.

Cranberries Are Fiber-Full

Cranberries are a good source of fiber and can help amp up your fiber intake. One cup of chopped cranberries has 5 g fiber, and ¼ cup of dried, sweetened cranberries has 2 g fiber.¹⁰

Adequate Fiber Intake Guidelines

- **Age 31 to 50:** 38 grams per day for men and 25 grams per day for women
- **Age 50 and over:** 30 grams per day for men and 21 grams per day for women.¹¹



Cranberries under the microscope – the research continues.

Exciting new research has proposed that the dynamic effects of various cranberry compounds and their interactions with gut microbiota may result in positive change that lead to a wide range of health benefits.⁹

Cranberry Compounds Can Help Reduce *H. pylori* Rates of Infection

In the US, 30 million people can expect to be infected with *H. pylori*.^{14,15}

A randomized, controlled trial published in The Journal of Gastroenterology and Hepatology, a top tier international gastroenterology journal, found that a twice daily dose of 44 mg PAC in cranberry juice resulted in 20% reduction in *H. pylori* infection rate in Chinese adults when compared to lower amounts of juice and a placebo.

While more research is needed, a half cup serving of 100% pure cranberry juice contains 44 mg PAC, and when taken twice daily in the morning and evening, should be the same as the levels in the clinical study needed to suppress *H. pylori*.¹⁶

Dr. Amy Howell's Webinar on Cranberries and *H. pylori* Suppression

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Dr. Howell is an associate research scientist at the Marucci Center for Blueberry and Cranberry Research at Rutgers University. Her work includes isolating natural products from cranberries that benefit health.

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