

The Berry Best for Gut Health & More Cranberries

PACs Help Reduce *H. pylori* Infection Rate Drinking cranberry juice containing 44 mg of proanthocyanidins (PACs) per serving two times a day could be a natural, complementary management strategy for adults to help prevent an infection with *H. pylori*.¹ 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.

PACs Help Gut Bacteria Cranberries have A-type PACs which help decrease bacterial adhesion to maintain healthy gut bacteria and help prevent urinary tract infections.^{2,3,4} PACs are found in fresh, frozen and dried cranberries, cranberry juice and certain cranberry supplements.³

Other Healthful Cranberry Compounds Prebiotics are one of the most well studied dietary factors linked to improvements in gut health. They support the growth and activity of gut bacteria.⁵ Cranberries contain carbohydrates called oligosaccharides that are thought to have prebiotic effects on gut and urinary tract bacteria.^{3,6} Stay tuned for more research on this connection.

Dried Cranberries Improve Gut Bacteria A small study of 10 subjects found that sweetened dried cranberries had a positive impact on the natural bacteria in the gut.⁷

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 grams of fiber, and ¼ cup of dried cranberries has 2 grams of fiber.⁸

Adequate Fiber Intake Guidelines

- **Ages 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.⁹



The Cranberry Calendar

Although fresh cranberries hit the grocery shelves in September and are typically available through December, frozen cranberries can be found year-round online or in your grocery freezer case and can be used in many of the same recipes.

Juices, cranberry sauce and dried cranberries are always available so health-conscious consumers can enjoy cranberries anytime.



Meet Your Daily Fruit Goal with Cranberries

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.¹⁰ Meet your fruit intake goals and reap 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, smoothies and baked goods.

Cranberries are naturally low in sugar and have a tart flavor, so certain products and recipes include added sugar to make them more palatable. Unsweetened and reduced sugar versions of dried cranberries and juices are now available.



Cranberries

Throughout the year

The 
CRANBERRY
INSTITUTE™

Close your eyes and picture your grandmother's kitchen, remembering the warm, fragrant scent of your favorite foods and the happy chatter of family. For many folks, the citrusy scent of fresh cranberry sauce being prepared on the stovetop recalls fond memories of past Thanksgivings. Capture the nostalgia, flavor and health benefits of cranberries all year long with these tried-and-true recipes.



Cranberry Sauce

This side dish complements any family dinner and is special enough to include at holiday time too.

Ingredients

- 1 Add ingredients to saucepan.
- 2 Simmer for 15 minutes, stirring occasionally.
- 3 Let cool.

- One 12 oz. bag fresh cranberries
- 2/3 c. sugar
- 1/2 c. orange juice
- 1/4 tsp. cinnamon
- 1/8 tsp. salt
- 1 c. water



Cranberry Tomato Salad

This colorful salad combines flavorful dried cranberries and balsamic vinegar with crisp raw vegetables and lightly sauteed tomatoes. This salad complements any meal.

Ingredients

- 1 Wash tomatoes. Heat a non-stick pan with no oil. Add 1-2 tsp. olive oil and cook tomatoes very briefly over high heat. Immediately remove tomatoes from pan. Wash celery and spring onions, and chop into thin slices. Mix the remaining olive oil with vinegar, salt and pepper.
- 2 Wash and spin-dry green salad. Mix cherry tomatoes, celery, spring onions, and cranberries, and arrange on green salad. Drizzle marinade over salad.

- 1 3/4 cups - cherry tomatoes
- 3 tbsp. olive oil
- 2 celery stalks
- 1.5 oz. dried cranberries
- 1 bunch of spring onions
- 1-2 tbsp. light-colored balsamic vinegar
- 1 handful of green salad
- Salt and pepper to taste



Savory Cranberry Steaks

The sweet and spicy flavors meld perfectly to season this steak dish. This entrée can be prepared year-round either on the grill in the warmer months and on the stovetop when the weather turns chilly.

Ingredients

- 1 Salt and pepper the steaks. Pan fry the steaks in oil.
- 2 To prepare the sauce, heat the oil in a pan and fry the onion and garlic. When the onion is transparent add the cranberry juice, dried cranberries, chipotle peppers and let cook until it starts to boil. Turn the heat down and crumble chicken broth cube into mixture. Top the steaks with the sauce and serve.
- 3 Note: steaks may also be grilled.

- 4 steaks approximately 4 oz. each
 - 1 tbsp. oil
 - Salt and pepper to taste
- For the sauce:**
- 3 tbsp. medium chopped onion
 - 1 garlic clove, chopped
 - 1/2 c. dried cranberries, chopped
 - 1 c. U.S. cranberry juice
 - 2 chipotle peppers in adobo, without seeds, finely chopped
 - 1 chicken broth cube
 - 1 tsp. oil



Cranberry Smoothie

Enjoy the health-promoting benefits of cranberries every morning with this frosty, flavor-filled smoothie.

Ingredients

- 1 Mix in blender until smooth.

- 2 c. frozen cranberries
- 2 c. nonfat vanilla yogurt (try different yogurts, such as Greek yogurt)
- 2 c. 1% milk or almond milk
- 2 tbsp. honey
- 2 tsp. vanilla