

Cranberry News You Can Use

The 2015-2020 Dietary Guidelines for Americans Are in...And Cranberries Get a Special Call Out

For the first time ever, the Dietary Guidelines have advised Americans to consume less than 10 percent of total calories per day from added sugars to help reduce calories from foods that contribute minimally to overall nutrient intake. However, they recognize the value of cranberries – and have made an exception – for nutrient dense fruits and vegetables (like *cranberries* or rhubarb) that are naturally tart and sweetened to improve taste. The [guidelines say](#) that the American diet has room for nutrient dense foods with added sugars, as long as calories from added sugars do not exceed 10 percent per day (equivalent to 200 calories based on a 2,000-calorie diet).

As you know, cranberry products are usually sweetened because unlike other berries and most fruits, cranberries are naturally low in sugar and high in acidity. Given the low sugar content, once sweetened, the total sugar of dried cranberries is comparable to other dried fruits, like raisins and dried cherries.

Why Cranberries?

The Dietary Guidelines for Americans make an exception for cranberries because they're nutrient dense. Above and beyond, cranberries have been linked to a number of health benefits, such as...

- Urinary Tract Health
- Heart Health
- Gut Health

Visit the Cranberry Health Research Library to find abstracts for more than 465 research studies that focus on cranberry and various aspects of human health. Browse by year to find the most recent publications: [Visit Here](#)

Cranberries and Human Health

Cranberry Consumption Associated with Preventing Obesity and Metabolic Syndrome

According to a comprehensive review published in the *Journal of Functional Foods*, due to their diverse phytochemical composition and high antioxidant activity, cranberries have been explored in numerous applications in contemporary medicine, e.g., in the treatment of inflammation of the urinary tract, as well as in the prevention of cardiovascular disease (CVD) and cancer. Recent studies have provided novel findings on the health benefits of cranberry consumption in restoring serum cholesterol profiles and reducing side effects of adiposity by suppressing the production of pro-inflammatory cytokines and inhibition of oxygen radical production in adipose tissue. As a functional food, studies suggest that cranberries may play an important role in managing the risk and treatment of the pervasive public health concern, metabolic syndrome. The culmination of human and animal studies, *in vitro* and *in vivo*, shows great promise for cranberries and warrants long term, clinical studies to delineate the specific benefits that cranberry consumption may have in addressing global health issues.

[Kowalska K, Olejnik A. Beneficial effects of cranberry in the prevention of obesity and related complications: Metabolic syndrome and diabetes – A review. *J Funct Foods*. 2016 Jan;20:171-181.](#)

Cranberries and Kids: The Safety and Efficacy of Cranberries on UTI Prevention

Cranberries and their unique polyphenols, proanthocyanidins, have a well-documented impact on promoting urinary tract health in adults due to their anti-adhesive properties. Recently, scientists have evaluated cranberries' efficacy and safety in promoting urinary tract health in infants and children to help reduce the reliance on antibiotic therapy. In healthy children, cranberry use was associated with fewer urinary tract infections (UTIs) and number of days on antibiotics per year for UTI treatment. Children with urogenital abnormalities had mixed results with some studies showing no reduction and others finding a significant reduction in infections. Cranberry was found to be as effective as antibiotics at preventing UTIs in children with urogenital abnormalities. Similarly, in children more than one month old, the use of cranberry syrup prevented UTI reinfection with a rate similar to an antibiotic. The data is promising for cranberries and UTI prevention in children, but more research is needed to determine the optimal amount of cranberries required.

IN THIS ISSUE....

[Cranberry News You Can Use](#)

[Cranberries and Human Health](#)

[Cranberry Bog Blogger](#)

[Cooking up Cranberries](#)



[Durham SH, Stamm PL, Eiland LS. Cranberry Products for the Prophylaxis of Urinary Tract Infections in Pediatric Patients. *Ann Pharmacother.* 49\(12\):1349-56.](#)

[Fernandez-Puentes V, Uberos J, Rodriguez-Belmonte R, Nogueras-Ocana M, Blanca-Jover E, Narbona-Lopez E. Efficacy and safety profile of cranberry in infants and children with recurrent urinary tract infection. *An Pediatr \(Barc\).* 82\(6\):397-403.](#)

[Uberos J, Rodriguez-Belmonte R, Rodriguez-Perez C, Molina-Oya M, Blanca-Jover E, Narbona-Lopez E, Munoz-Hoyos, A. Phenolic acid content and antiadherence activity in the urine of patients treated with cranberry syrup \(*Vaccinium macrocarpon*\) vs. trimethoprim for recurrent urinary tract infection. *J Funct Food.* 18\(Part A\):608-616.](#)

MEET THE CRANBERRY BOG BLOGGER



Jessica Fishman Levinson, MS, RDN, CDN is a registered dietitian nutritionist and the founder of [Nutritioulicious](#), a New York-based nutrition communications and consulting business with a focus on culinary nutrition. She has extensive experience as a recipe developer, writer, editor, and speaker, maintains the popular Nutritioulicious blog, and is the Culinary Corner columnist for *Today's Dietitian* Magazine. Jessica is an active member of the Academy of Nutrition and Dietetics (AND) and various Dietetic Practice Groups of the AND, including Nutrition Entrepreneurs, Food and Culinary Professionals, and Dietitians in Business and Communications. Follow Jessica on [Twitter](#), [Facebook](#), [Pinterest](#) and [Instagram](#).

Jessica explains the many ways she incorporates cranberries, "I love cooking with fresh, frozen, and dried cranberries as they add a nutritious and delicious punch to recipes. Their bright color is a great way to make a less colorful dish shine and the tartness of cranberries offers a nice balance to various spices and other flavors like orange, cinnamon, ginger and rosemary. Thanks to the various forms of cranberries available, they can be used throughout the year and in many innovative ways in the kitchen."

Are you a Registered Dietitian with a blog? If you'd like to become a Cranberry Bog Blogger and receive additional cranberry health information, recipes and usage ideas to share with your readers, email sbaber@pollock-pr.com for more information.



Cooking Up Cranberries

Try this delicious [Cranberry Orange Bread recipe](#) from our Cranberry Bog Blogger, Jessica, as a perfect springtime breakfast or snack!

Ingredients

Cooking spray
2 cups (250 g) white whole wheat flour
¾ cup sugar
½ teaspoon baking soda
1 teaspoon baking powder
½ teaspoon table salt
½ teaspoon cinnamon
½ cup canola oil
2 large eggs
¾ cup freshly squeezed orange juice
1 tablespoon orange zest
1 cup fresh or frozen cranberries, halved



- For the full recipe, check out Jessica's blog, [Nutritioulicious!](#)

