



a publication of the Cranberry Institute

CRANBERRIES AND HEALTH

Experts Refute the Findings of *Journal of the American Medical Association* Study on Cranberries in *Urology* journal

Since the publication of the *Journal of the American Medical Association* (JAMA) article, “Effect of Cranberry Capsules on Bacteriuria Plus Pyuria Among Older Women in Nursing Homes,” experts in both the study of cranberries and the practice of urology have spoken out against the conclusions that were made. A commentary explaining how the design was fatally flawed was published in the esteemed scientific journal, *Urology*. Led by, Bilal Chughtai, MD, Professor of Urology in Obstetrics and Gynecology at Weill Cornell Medicine, *Efficacy of Cranberry in Preventing Recurrent Urinary Tract Infections: Have We Learned Anything New?* describes that positive results for recurrent urinary tract infection (UTI) prevention with cranberries (or any therapy) would not be expected in this population where 69.2% of patients did not experience a UTI the year prior – the patients did not suffer from recurrent UTI as per Infectious Diseases Society of America (IDSA) guidelines.

Furthermore, asymptomatic bacteriuria and pyuria is unfortunately common in this population, thus the IDSA advises against treatment. Lastly, obtaining uncontaminated, reliable urine samples in this population is a globally recognized challenge especially given that 78% of the subjects had dementia, 68% had urinary incontinence and 44% had bowel incontinence. It is also concerning that of the 185 initial participants, 33 individuals died during the one-year study.

Without equivocation, Chughtai et al., states that cranberry products have reduced UTI rates in many at-risk populations in several studies. Adding that, quality randomized controlled trials on antibiotic alternatives, such as cranberry, are encouraged, or the medical community may be unable to manage the ever-increasing antibiotic-resistant UTIs.

Abstract may be accessed [here](#).

CRANBERRY NEWS YOU CAN USE

Defining “Healthy”

The FDA has started a public process to redefine the “healthy” nutrient content claim for food labeling. Redefining “healthy” is part of an overall plan to provide consumers with information and tools to enable them to easily and quickly make food choices consistent with public health recommendations and to encourage the development of healthier foods by the industry.

To submit a comment: <http://www.regulations.gov>

To understand the details and motivation for the request for comments, as well as the change to the definition of healthy, visit [here](#).

The Cranberry Institute will be submitting a comment to ensure that foods like cranberries, that are nutrient dense, have added health benefits and may be sweetened, are appropriately considered in the definition of a “healthy” food.

Word from the Bog

While cranberry bogs are best known for their iconic harvest, cranberry farmers are hard at work all year ensuring the success of next year’s crop – and the spring season is no different! Check out this video with cranberry grower Jeff LaFleur, owner of Mayflower Cranberries in Plympton, MA and a member of the Cranberry Institute’s Board of Directors, where he takes us on a tour of springtime on a cranberry bog – from the pruning process to unique farm equipment.

https://www.youtube.com/embed/EI0rU_NAhd4

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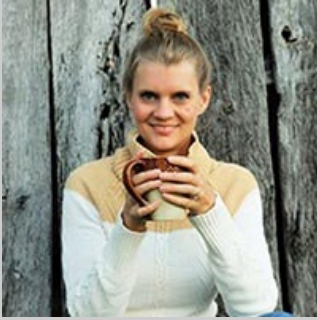
[Cooking with Cranberries](#)



In case you missed it: The Cranberry Institute has officially launched its Twitter Account: [@CranInstitute](#)! Please follow us and tag [@CranInstitute](#) in your cranberry-inspired posts!

MEET THE NEW MEMBERS OF THE CRANBERRY BOG BLOGGER NETWORK

We are excited to introduce the newest members of our Cranberry Bog Blogger network, joining us in 2017 to share expert nutrition information, delicious new recipes and fun cranberry facts!



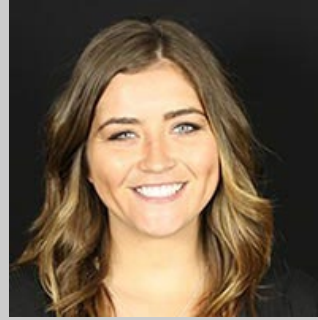
Erin Hendrickson,
[The Minimalist RD](#)

As a Registered Dietitian Nutritionist, I help employers around the Nashville, TN area develop a culture of health to ultimately engage and inspire their employees and the community to live healthier. My creative space is [MinimalistRD.com](#), in which I sort through the physical and mental clutter to promote sustainable practices and responsible consumerism. I love thrifting and budgets, but will spare no expense on food or travel. I'm a year round fan of cranberries and couldn't be more excited to be part of the Cranberry Bog Blogger community!



Samina Kalloo,
[Cooking for Tots](#)

Samina Kalloo is a Registered and Certified Dietitian Nutritionist residing in New York City. After earning two undergraduate degrees in Business and Nutritional Sciences, she went on to complete her dietetic residency at North Shore University Hospital, which paved the way for her to earn her Registered Dietitian status. Samina utilizes her training in nutrition science and education to convey accurate, evidence-based information to a wide range of audiences, including consumers, registered dietitians and other healthcare professionals. She is currently a contributing writer for the W42ST magazine, private counselor and nutrition consultant for various food brands and companies.



Marissa Thiry,
[New Kid on the Guac](#)

Marissa is a Registered Dietitian by day, food lover and fitness junkie by night. Her passion for health and nutrition, coupled with a love of travel, adventure and delicious food manifest as a genuine energy around helping spread positivity and drive wellness daily. Originally hailing from Chicago, she currently resides in Orange County, CA, and can be found cooking, running or exploring different areas up the coast on any given day. She is the blogger behind New Kid On The Guac, which highlights some of her best life and culinary adventures to-date, as well as provides resources to promote a balanced, active, and fulfilling lifestyle for readers.

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.

RESOURCE REMINDER!

To better understand how all foods fit, The Cranberry Institute has teamed up with the experts to provide resources that will help dietitians, and consumers, choose the right foods for a healthy diet.

[How to Talk to Consumers About Added Sugars](#)

The result of an expert dietetic panel hosted by *Today's Dietitian* and the Cranberry Institute, the "How to Talk to Consumers About Added Sugars" statement was developed by dietitians, for dietitians, offering guidance for RDs counseling and speaking to media about added sugar.

[Added Sugars...with Added Benefits Handout](#)

Help consumers understand the importance of looking at the complete nutritional value of a product by demonstrating that many foods with added sugars also offer important added benefits.

[The Added Sugars Fact Sheet](#)

The International Food Information Council (IFIC) Foundation's new fact sheet, "Making Sense of Sugars; The Role of Sugars and Added Sugars in Food," sheds light on the limitations of focusing on "added sugar" and provides recommendations on choosing the right foods based on the new Nutrition Facts Panel.

Visit the Cranberry Health Research Library to find abstracts for more than 500 research studies that focus on cranberry and various aspects of human health. Browse by year to find the most recent publications: http://cranberryinstitute.org/doclib/doclib_search.cgi



Shake up Taco Tuesday with a cranberry-inspired take on this classic with these tasty and simple [Crazy Chicken Tacos!](#)

CRANZY CHICKEN TACOS

Makes 8 servings

Prep Time: 45 minutes

Cook Time: 15 minutes

Ingredients

Bean Salad (makes 4 cups)

2 cups canned Great Northern beans, reduced-sodium, drained, rinsed

2 cups sweetened dried cranberries

¼ cup 100% apple juice

3 Tbsp. chopped scallions or red onions

½ tsp. minced garlic

¼ tsp. ground black pepper

Chicken

1 cup whole-berry cranberry sauce

1 Tbsp. honey

12 oz. cooked, diced chicken

2 Tbsp. grated Parmesan cheese

Cranberry Mayo (makes ½ cup)

¼ cup reduced-fat mayonnaise

¼ cup whole-berry cranberry sauce,
mashed

1 Tbsp. finely minced scallions

1/8 tsp. ground black pepper

4 cups chopped fresh spinach

8 whole-grain 8-in. tortillas



Directions

1. In a medium bowl, toss together all Bean Salad ingredients; mix well, cover and refrigerate at least 2 hours before serving.
2. In a large sauce pan, melt cranberry sauce with honey (about 2 minutes).
3. Add chicken to cranberry-honey mixture and toss to coat well. Sprinkle with cheese and mix to coat evenly.
4. Lay chicken in a single layer on a parchment-covered baking sheet and bake in 350°F convection oven or 400°F conventional oven for 6-8 minutes or until internal temperature reaches 165°F. Remove from heat and keep hot for serving.
5. In a small bowl, whisk together mayonnaise, cranberry sauce, scallions and pepper until combined; place in a covered container for serving.
6. Place ½ cup chopped spinach inside a tortilla, top with ¼ cup chicken and ½ cup bean salad and drizzle with 1 Tbsp. Cranberry Mayo. Fold tortilla with ingredients inside to form a hand-held taco.

Created by: Ingrid Rockwell/Deerfield Elementary School/Deerfield, WI for the Cranberry Marketing Committee / Wisconsin School Foodservice Cranberry Recipe Contest

