



CRANBERRY HEALTH NEWS

A publication of the Cranberry Institute

VOLUME 8 - ISSUE 7

WINTER 2010

Research Roundup

Highlights from the Fourth Cranberry Institute Health Research Conference

At the 2009 Cranberry Institute Health Research Conference (HRC) recently held in Savannah, GA, more than 30 nutrition scientists from leading research institutions, including the National Institutes of Health, presented findings about cranberry's antibacterial and anti-adhesion properties, as well as promising new areas of research in anti-aging, anti-viral activity, anti-cancer, protection against cardiovascular disease, Metabolic Syndrome and Type II diabetes.

The researchers providing compelling insights from their cranberry health research into mechanisms of action of cranberry's anti-adhesion properties, the digestion and absorption of cranberry phytonutrients, and the actions these metabolites may have. Researchers at the meeting also evaluated the possibility and evidence that cranberry flavonoids play a role in the gastrointestinal tract, the largest immune system organ of the body. In addition, researchers examined the antiadhesion effects of cranberry juice cocktail versus water and found cranberry juice provided protection against the pathogen for up to eight-hours. Other studies presented examined the cardioprotective and anti-cancer properties of the berry.

To view key abstracts from the conference [click here](#).

IN THIS ISSUE...

Research Roundup

- [Highlights from the Fourth Cranberry Institute Health Research Conference](#)

New Cranberry Health Research

- [New and Confirming Research Finds Cranberry Juice Scores High in Antioxidant Activity](#)

- [More Evidence that Cranberries May Benefit Oral Health](#)

Cooking with Cranberry

- [Sweet-Tart Cranberry Chutney](#)

New Cranberry Health Research

The Cranberry Institute tracks and funds cranberry health research around the globe. The CI also partners with industry organizations such as the Wisconsin Cranberry Board and Canadian Cranberry Growers Coalition, to fund research on the health benefits of the cranberry.

New and Confirming Research Finds Cranberry Juice Scores High in Antioxidant Activity

When antioxidant activity levels were compared for a series of fruits, vegetables, and juices, cranberry juice came out on top. It was shown to have the highest level of antioxidant reactivity as measured by the chemical method, CUPRAC assay for total antioxidant activity (TAA). Juice from blueberries, which are botanically related to cranberries, had intermediate activity, and orange juice had the lowest activity.

Manufacturers are even beginning to add cranberry extracts to oral care products, including toothpaste, mouth rinses and even dental floss.

Source: Bean H, Schuler C, Leggett RE, Levin RM. Antioxidant levels of common fruits, vegetables, and juices versus protective activity against in vitro ischemia/reperfusion. *Int Urol Nephrol*. 2009 Sep 19. [Epub ahead of print]

More Evidence that Cranberries

Cranberry

May Benefit Oral Health

Certain cranberry polyphenols, proanthocyanidins (PACs), may protect host cells against specific bacteria which promote gum disease according to a recent *in vitro* study that adds to the emerging research suggesting that cranberry polyphenols may protect against gum infections. The study evaluated how well a PAC-rich cranberry fraction could protect oral cells (macrophages and oral epithelial cells) against bacterial toxicity. Without the cranberry fraction, cell wall viability was cut in half, and cranberry treatment was found to have a dose-dependent effect.

A preliminary concept for a tooth friendly soft drink (TFSD) was recently published in *Medical Hypotheses*. The rationale for TFSDs is to provide a functional health-focused alternative to the soft drinks whose simple carbohydrates and acidity levels (pHs of 3 and below) are damaging to tooth structure. The authors recommend that a TFSD should include cranberry elements, in addition to fluoride, casein phosphopeptide-amorphous calcium phosphate, xylitol, and tea polyphenols. In addition, they recommend that it is sugar free, with a pH close to 5.5, and super oxygenated vs. carbonated.

La VD, Labrecque J, Grenier D. Cytoprotective effect of proanthocyanidin-rich cranberry fraction against bacterial cell wall-mediated toxicity in macrophages and epithelial cells. *Phytother Res*. 2009 Oct;23(10):1449-52.

Kolahi J, Fazilati M, Kadivar M. Towards tooth friendly soft drinks. *Med Hypotheses*. 2009 Oct;73(4):524-5.

Miscellany: Did you know...

The first known use of the word "cranberries" in English dates back to 1647, when a missionary named John Eliot wrote about them in a letter.

White cranberry juice, which started to appear in markets in 2001, is made from regular mature cranberries. They're just harvested a few weeks earlier, before they turn red.



Cooking with Cranberry

Sweet-Tart Cranberry Chutney

This is a wonderful chutney is versatile enough to go with most main courses—from turkey and chicken to ham or pork tenderloin.

Ingredients:

- *1 (12-ounce) bag fresh or frozen cranberries
- 3 Granny Smith apples, peeled, cored, and quartered
- 3 blood oranges or navel oranges, scrubbed, quartered, and any seeds removed
- 1 pineapple, peeled, cored, and cut into large chunks
- 1 cup sugar
- 1 cup chopped pecans
- ½ cup dried cranberries
- ½ cup dried cherries
- ½ cup dried strawberries

*Wash uncooked cranberries thoroughly before using.

Directions:

1. Place all of the ingredients into a food processor and pulse to combine a few times until everything is very finely chopped. (NOTE: If your food processor is not large enough to hold all of the ingredients, then make the chutney in two batches.)
2. Refrigerate overnight and serve the next day or the following day.

Yield: 6 cups

Recipe provided by Cranberry Marketing Committee [click here](#) for recipe.

Health and Research Professionals:

The Cranberry Health Newsletter is designed to bring the latest research about cranberry and health to practitioners concerned about the health and well being of patients.

If you would like a colleague to receive updates about cranberry health, subscribe by sending an email to (cinews@earthlink.net).

©2010 Cranberry Institute. All Rights Reserved.
[HOME](#) | [OTHER NEWS](#)