Northwest Cherries

Washington State Fruit Commission

TASTE THE DIFFERENCE

Potential Health Benefits Associated with Cherries

- May help lower blood sugar levels (fight diabetes) [1] – Research from Michigan State University examined the anthocyanins found in cherries. The study was done on animals; researchers speculate same blood sugar lowering effect occurs in humans.

- Contain agents that could help fight cancer [2] - The flavonoids isoqueritrin and queritrin, and the phenol, ellagiac acid[3], were verified in cherries. The flavonoids are known to be antioxidants, and ellagic acid appears to be a potent inhibitor to the growth of cancer cells.

- Twenty cherries provide 25 milligrams of anthocyanins [4] - Anthocyanins are antioxidants that reduce inflammation because they help shut down the enzymes that cause tissue inflammation. As antioxidants, anthocyanins may also protect arteries from damage that leads to heart disease.

- Cherries may help gout sufferers [5] - A study at the University of California at Davis showed reduced levels of uric acid after the consumption of sweet cherries. Gout (a painful disease of the joints) is associated with elevated levels of uric acid.

- Cherries help fight inflammation [6] - A study from Michigan State University found anthocyanins 1 and 2 in cherries. These anthocyanins have similar abilities to fight inflammation as ibuprofen and naproxen.

- Cherries boost your fiber quota [7] - Americans are at a fiber deficit: falling far short of the 25-35 gram daily recommendation. The latest Dietary Guidelines recommend 2 cups of fruit daily, and cherries helps meet that recommendation.

- Low Glycemic Index [8] - With a glycemic index (GI) of only 22, cherries may help promote weight loss. While foods with a GI above 70 cause blood glucose to soar, then quickly crash causing hunger, foods with a low GI release glucose into the body slowly and evenly leaving you feeling full.

1. Jayaprakasam, B. Jorunal of Agricultural and Food Chemistry, Jan. 5, 2005.
2. Ou, Boxin. "Characterization of Natural Antioxidants from Montmorency Cherries, Balaton Cherries and Sweet Cherries,'" Unpublished report, Brunswick Laboratories, Wareham, Maine, April, 2000.
3. Clinical tests conducted at the Medical University of South Carolina Hollings Cancer Institute.
4. Research done by Muraleedharan Nair, lead researcher at Michigan State University.
5. Jacob, Robert A., et al. "Consumption of cherries lowers plasma urate in healthy women." Journal of Nutrition, June 2003.
6. Seeram, N.P., et al. "Cyclooxygenase inhibitory and antioxidant cyaniding glycosides in cherries and berries." Phytomedicine, Sept, 2001.
7. Dietary Guidelines for Americans, USDA and USHHS, January, 2005.
8. Bee, Peta. "Slowly Does It." London Times. London, Great Britain http://www.timesonline.co.uk/article/0,,8124-1044253,00.html, March, 2004.