

## Sweet Health of Cherries

*Boasting a high fiber content, low calorie content and low glycemic index, cherries have always been known as a healthful summer snack. But now, more than ever, the powerful compounds of cherries are being researched for their role in preventing serious illness and disease as well as regulating existing ailments. Recent research suggests cherries help with following medical conditions:*

- **Alzheimers Disease:** It has been shown that phenolic compounds in sweet cherries – quercetin, hydroxycinnamic acid and anthocyanins – can play a role in protecting neuronal cells involved in brain function and reduce oxidant stress (Kim, 2005).
- **Cancer:** Sweet cherries have several cancer-preventive components including fiber, vitamin C, carotenoids and anthocyanins. The role of sweet cherries in cancer prevention lies mostly in the anthocyanin content, especially in cyanidin, which significantly increases free radical scavenging (Acquaviva, 2003).
- **Cardiovascular Disease:** Anthocyanins have also been found to have biological effects that reduce the risk of cardiovascular disease, including protecting lipids from oxidant damage and cardiovascular vessel plaque formation, anti-inflammation, nitric oxide formation and vascular dilation (Corder, 2006).
- **Diabetes:** Though a protective role in diabetes is relatively rare, researcher are interested in the role of anthocyanins in reducing insulin resistance and glucose intolerance. Since the role of glycemic index in diabetes control has gained renewed interest, sweet cherries, with an estimated glycemic index of 22, are thought to be a better fruit-based snack than other fruits such as apricots (57), grapes (46), peaches (42), blueberries (40) or plums (39).
- **Inflammation:** The phytochemicals in cherries have been shown to inhibit the cyclo-oxygenase enzymes responsible for inflammatory response, with cyaniding and malvidin having the greatest inhibitory effects (Seernam, 2003).
- **Hypertension and stroke:** A serving of cherries has 270 mg of potassium (see nutrition facts), which has shown evidence of reducing the risk for hypertension and stroke (He, 2003).

### JUICY FACT!

Cherries are a good food source of melatonin, which helps regulate circadian rhythm and promote healthy sleep patterns, making them effective in reducing jet lag.

Nutrition Facts	
Serving Size 140g/1 cup or about 21 cherries	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 16g	
Protein 1g	
Potassium 270mg	
Vitamin A	0%
Vitamin C	10%
Calcium	2%
Iron	0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: