

# “CRANE BERRY”

What European settlers first called the plant because the flower and stem resembled a crane’s neck, head and bill.



**1** of three commercially grown fruits native only to North America.

Fresh, ripe cranberries **BOUNCE** when you drop them.

**4** internal air chambers allow the fruit to fl at during wet harvesting.



## GROWING REGIONS

First cultivated in

# 1816

by Captain Henry Hall in Dennis, Massachusetts (Cape Cod).

# 95%

of cranberries are wet harvested. The rest is dry harvested and sold as fresh fruit.

Find cranberry recipes, health research information, industry data and more at

[www.uscranberries.com](http://www.uscranberries.com)

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# Cranberries

GET THE  
SCOOP ON  
AMERICA'S  
ORIGINAL  
SUPERFRUIT®

# Berry Versatile

**FRESH** cranberries can be purchased in the fall for use in salsas, salads, baked goods and even for a unique pop of color in your décor. Make sure to buy extra bags to freeze and use **FROZEN** berries year round as you would fresh. They make a great addition to smoothies and other blended beverages.

**DRIED** cranberries are a great snack on their own or combine with salads, yogurt, oatmeal or trail mix for a burst of flavor. Dried cranberries can also be rehydrated and used when fresh or frozen berries are unavailable. Simply soak dried berries in cranberry or apple juice prior to use.

Cranberry **JUICE** tastes deliciously fruity with a light, tart flavor. It can be enjoyed straight or mixed with sparkling water, other juices or alcohol. Juice can be made into dressings, syrups and even popsicles.

Cranberry **SAUCE** is a classic condiment for any sandwich. Spread it right on toast and bagels or mix with cream cheese for a tasty appetizer. Glaze poultry and meats or combine with BBQ sauce for a tart treat.

Cranberry **POWDER** is available in pharmacies and health food stores and is a convenient way to enjoy a daily serving of cranberries.

## CRANBERRY SERVING SIZES



8 oz.  
juice



1/2 cup  
fresh  
(50 g)



1/4 cup  
sauce  
(70 g)



1/3 cup  
dried  
(40 g)

# Small Berry, Big Health Benefit

## ANTIOXIDANTS

Cranberry juice is an excellent source of antioxidant vitamins C and E. Antioxidants block some of the damage caused by free radicals, the build up of which may contribute to the aging process and the development of health conditions such as cancer, heart disease, and arthritis.

## TART TASTE

Cranberry products are usually sweetened because, unlike other berries, cranberries are naturally low in sugar and high in acidity, making them especially tart. The Dietary Guidelines allow for a limited amount of added sugar to improve palatability and recommends less than 10 percent of calories per day be from added sugar. The total amount of sugar in dried cranberries is similar to that of other dried fruits.

## NUTRIENT-DENSE FOOD

The 2015-2020 Dietary Guidelines for Americans recommend choosing a variety of nutrient-dense foods, including fruits like cranberries, which contain essential vitamins and minerals, dietary fiber and other naturally occurring compounds that may have potential health benefits



Low-fat diets rich in fruits and vegetables may reduce the risk of some types of cancer.

Diets low in saturated fat and cholesterol, and as low as possible in trans fat, may reduce the risk of heart disease. Diets low in sodium may reduce the risk of high blood pressure. Cranberries are cholesterol and fat free, and very low in sodium. Cranberry juice is a good source of vitamins A and K.

## NUTRITION FACTS

Serving Size = 1/2 cup raw berries (50g)	
Amount Per Serving	
Calories	25
	<b>% Daily Value*</b>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	9%
Total Sugars 2g	
Protein 0g	0%
Calcium 4mg	0%
Iron .14 mg	1%
Potassium 47mg	1%
Vitamin C 7mg	8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

EXCELLENT SOURCE OF  
VITAMINS C + E

\*juice only

CHOLESTEROL FREE

VERY LOW IN  
SODIUM

SATURATED  
FAT FREE

GOOD SOURCE OF  
VITAMINS A + K

\*juice only

Recipes available at [uscranberries.com](http://uscranberries.com)