

WHY IS IT WORTH IT TO EAT CRANBERRY?

Cranberry - a small fruit with great potential

Polyphenols are powerful antioxidants. Consuming products rich in these ingredients reduces the risk of cardiovascular diseases, diabetes, lowers blood pressure, and helps alleviate inflammation. Their positive effect in anti-cancer prevention is also noted.



Cranberries are a low-calorie fruit, so they are a great snack between meals. Its presence during a slimming diet is important primarily due to its cleansing effect, which in turn accelerates the metabolism.

Research on the inclusion of cranberries in the diet during antibiotic therapy to combat *Helicobacter pylori* showed a better effect of the therapy, especially noticeable in female patients.

The healing properties of cranberries in case of inflammation of the urinary tract were already known in folk medicine. Thanks to the content of type A proanthocyanidins, cranberries protect the urinary system against bacteria "attaching" to the walls of the urethra and bladder.





Anthocyanidins and quercetin present in fruits and cranberry juice protect the circulatory system against diseases. Numerous studies indicate that the consumption of cranberries reduces the level of bad cholesterol in diabetics and reduces the stiffness of blood vessels among people suffering from circulatory system disorders.

The effect of cranberries on lowering blood pressure and reducing the level of homocysteine in the blood was also noticed.

Cranberries have antibacterial properties. Among people who regularly consume cranberries, it has been noticed inhibiting the development of caries, gum and periodontal diseases

Do you know that...?

Only about 5% of cranberries are sold fresh, while the rest is processed into cranberry juice, sauce, etc.

One cup of cranberries has about 50 calories

Cranberries consist of approximately 90% water

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