



Dietary Bites

Cherries

Health Claims

- Insoluble and soluble fiber is found in cherries and can help lower cholesterol, stabilize blood sugar, promote intestinal regularity, and help to feel full longer.
- Vitamin C is a powerful water-soluble antioxidant that helps the body develop resistance to infectious agents and eliminates cancer-causing free radicals in the body.
- Cherries contain powerful antioxidants – anthocyanins and cyanidin.
- One cup of cherries has as much potassium as a banana. Potassium is essential for maintaining blood pressure and for proper sodium and potassium levels in the body.
- Cherries are one of the highest sources of polyphenols, containing 274mg per serving. Polyphenols are micronutrients that help improve digestion, weight management, diabetes, neurodegenerative disease, and cardiovascular disease.

Nutrition Information

- Fiber
- Vitamin C
- Potassium
- Polyphenols
- Carotenoids

Dig Deeper

Get more information, register, or download resources:

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mtharvestofthemonth.org

Chronic- Diet Related Illness

- Cherries rank lower than most fruits on the glycemic index. Consumption of this fruit can help to manage blood sugar and insulin levels in diabetics.
- Cherries are a potent source of antioxidants and anti-inflammatory compounds which help to ward off heart disease, cancer, Alzheimer's disease, and obesity.
- Tart cherries provide similar cardiovascular health benefits like prescribed drugs used to help regulate fat and glucose in patients with metabolic syndrome.

More Information

- A clinical study conducted at the University of Michigan found that antioxidants in tart cherries make it into the human bloodstream and boost antioxidant activity.
- Cherries are a good source of anthocyanin, which can help enhance memory.

Resources

- Kelley, D. S., Adkins, Y., & Laugero, K. D. (2018). A Review of the Health Benefits of Cherries. *Nutrients*, 10(3), Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5872786/>
- Manach, C., Scalbert, A., Morand, C., et. al. (2004) Polyphenols: food sources and bioavailability. *The American Journal of Clinical Nutrition*, 79(5) pg. 727-747. Retrieved from <https://academic.oup.com/ajcn/article/79/5/727/4690182>
- American Institute for Cancer Research. AICR's Foods that Fight Cancer: Cherries. (2019). Retrieved from <http://www.aicr.org/foods-that-fight-cancer/cherries.html#research> accessed on February 28, 2019.



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