



# Cranberries Every Way, Every Day

Our Products Deliver

Trying to get more fruit into your diet, increase healthy snacking, or reduce calories?

Look to the cranberry for a variety of product choices to fit your healthy lifestyle.

## Keys to a Healthy Lifestyle



### Unique Cranberry Benefits

Full of PACs (proanthocyanidins) unique to cranberries that help support urinary tract health.



### Fruit Servings

Fill half your plate with colorful fruits and vegetables like the red cranberry.

One 8-ounce serving of 100% cranberry juice is equal to one cup of fruit.



### Polyphenols

Power-packed with polyphenols that contribute to whole-body health.

Contains more polyphenols per serving than many other popular fruits.



### Fiber

Good source of fiber.

Diets low in saturated fat and cholesterol and rich in fruits, vegetables, and grain products that contain some types of dietary fiber, particularly soluble fiber, may reduce the risk of heart disease, a disease associated with many factors.



### Emerging Heart Health

Emerging studies show that cranberries may help support heart health due to their rich polyphenol content.



### Vitamin C

100% of the daily recommended value.



### Lower-Calorie Alternative

Enjoy the great taste of cranberries with fewer calories and less sugar.



### Healthy Snack

Naturally fat-free, cholesterol-free and a good source of fiber.

1/4 cup meets 25% of the recommended daily fruit requirements.



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