



# Cherries Emerge as the New “Superfruit”

Tart cherries (aka *Prunus cerasus*) are an antioxidant powerhouse. In fact, they contain similar amounts of disease-fighting antioxidants as blueberries. Ongoing studies suggest cherries may have unique health benefits, such as helping to reduce inflammation and the pain of arthritis and gout. And, don’t think of cherries as just a “summer fruit.” Cherries come in a wide variety of dried, frozen and juice products so you can enjoy the health benefits all year long.

## A Unique Nutrient Package

- ✓ *Melatonin* – a potent antioxidant that may help improve the body’s natural sleep patterns.
- ✓ *Anthocyanins* – plant pigments responsible for the bright red color of cherries that have been linked to a variety of health benefits, including protection against heart disease and some cancers.
- ✓ *Other antioxidants* – cherries contain at least 17 antioxidants, including powerful antioxidants egallic acid, p-coumaric acid, kaempferol and quercetin.
- ✓ *Essential nutrients* – cherries are a good source of vitamin A (beta carotene) and also contain fiber.

## Antioxidant Power

The ORAC (Oxygen Radical Absorbance Capacity) analysis is a standard measure that quantifies the “power” of antioxidants in foods – and cherries are full of powerful antioxidants!

Form	ORAC units per 100 grams
Frozen cherries	2,033
Dried cherries	6,800
Cherry juice concentrate	12,800

## Cherry Nutrition Facts

### Frozen Cherries (1 cup = serving of fruit)

Nutrition Facts	
Serving Size 1 cup (134g)	
Servings Per Container 1	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 1g	
Vitamin A 15%	Vitamin C 6%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Dried Cherries (1/2 cup = serving of fruit)

Nutrition Facts	
Serving Size 1/2 cup (60g)	
Servings Per Container 1	
Amount Per Serving	
Calories 200	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 49g	16%
Dietary Fiber 2g	8%
Sugars 41g	
Protein 2g	
Vitamin A 45%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Tart Cherry Juice (1 cup = serving of fruit)

Nutrition Facts	
Serving Size 1 cup (240g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 34g	11%
Dietary Fiber 0g	0%
Sugars 27g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	