

## 1 Keep pain at bay with anti-inflammatory properties

Sweet cherries contain anthocyanins, which appear to shut down enzymes that cause tissue inflammation in a similar manner to ibuprofen and naproxen. Increased inflammation is the underlying cause for numerous chronic human diseases, such as:

- Arthritis • Diabetes • Cancer • Hypertension
- Cardiovascular disease

Biomarkers of these diseases and C-reactive protein, a common marker of inflammation, have been reduced in human studies of cherry consumption.

## 2 A tastier way to fight cancer

More research is suggesting that sweet cherries may possess cancer-fighting properties. Among other compounds, cherries contain ellagic acid and anthocyanins, which appear to be potent inhibitors to the growth of cancer cells. Along with other phytonutrients, their individual and synergistic benefits are the focus of several new studies.

## 3 Take the bite out of gout attacks

A painful form of arthritis caused by elevated levels of uric acid in the blood, gout affects more than 8.3 million Americans. Eating sweet cherries can lower the levels of uric acid in the blood, according to research conducted at the USDA Western Human Nutrition Research Center. A study done at the Boston University School of Medicine reports patients who eat cherries and take their medicine have a 35% to 75% lower chance of experiencing an attack.

# —6— Cherry-licious Benefits for

# Better! Health

## 4 Sweet cherries, sweeter dreams

One of the few plant sources of melatonin, sweet cherries are a natural and flavorful aid in improving the quality of sleep. Eating cherries about an hour before bedtime may help stabilize and regulate sleep patterns.

## 5 Snack on a sweet source of fiber

A cup of sweet cherries delivers about three grams of fiber, or about 12% of the daily value from USDA Dietary Guidelines. Just two cups of fruit daily can contribute to healthy weight maintenance, diabetes prevention and improved cardiovascular health.

## 6 A sweet fix without busting GI levels

Satisfy a sweet tooth without worry. Cherries boast a lower glycemic index than almost any other fruit. They release glucose slowly and evenly, so blood sugar levels stay steady longer.

