



TRUST YOUR GUT

Cherries support gut health with gentle fiber and polyphenols that help feed beneficial bacteria and calm digestive inflammation, making them an easy, everyday choice for a happier, healthier gut.

 **HEALTHY BY NATURE.
POWERED BY CHERRIES.**



HOW SWEET CHERRIES SUPPORT GUT HEALTH

Cherries are genuinely gut-friendly, and not just because of fiber. Their benefits come from a combination of prebiotic fibers, polyphenols, and anti-inflammatory compounds that work together along the entire digestive tract.



Feed Beneficial Gut Bacteria (Prebiotic Effect)

Cherries contain soluble fiber and polyphenols that act as prebiotics.

What this does:

- Increases beneficial bacteria such as Bifidobacteria and Lactobacillus
- Improves microbial diversity
- Supports short-chain fatty acid (SCFA) production (especially butyrate) which help strengthen the gut lining and improve metabolic and immune signaling.

Reduce Gut Inflammation

Cherry polyphenols and anthocyanins can help lower inflammatory cytokines in the gut and calm irritation in the intestinal lining

Benefits:

- Reduced bloating and discomfort
- Helpful for people with low-grade gut inflammation
- Supports overall digestive comfort

This is especially relevant in midlife, when gut permeability and inflammation tend to increase.

Support Gut Barrier Integrity (“Leaky Gut” Protection)

Cherries help maintain tight junctions in the intestinal wall.

Why this matters:

- Prevents unwanted particles from entering circulation
- Reduces systemic inflammation
- Supports immune balance
- Polyphenols strengthen the mucosal barrier and improve epithelial resilience.

Gentle, Digestible Fiber

Cherries provide moderate fiber (~3 g per cup), mostly soluble.

Why this is beneficial:

- Slows digestion without irritation
- Supports regular bowel movements
- Less likely to cause gas compared to high-insoluble fiber fruits

This makes cherries a good option for sensitive guts.

Improve Gut Motility & Regularity

The combination of:

- Fiber
- Water content
- Natural fruit acids

helps promote healthy gut motility without harsh stimulation.

Polyphenols Act Like “Microbiome Managers”

Most cherry polyphenols reach the colon intact, where they:

- Are metabolized by gut bacteria
- Selectively encourage beneficial species
- Suppress pathogenic bacteria growth

This creates a more balanced gut ecosystem.

Gut-Brain Axis Support

By improving microbiome health and reducing gut inflammation, cherries can:

- Improve mood
- Reduce stress-related digestive symptoms
- Support cognitive clarity via the gut-brain connection

BEST PRACTICES FOR GUT BENEFITS

Portion: ½-1 cup fresh or frozen

Timing: With meals or earlier in the day

Pair with: Protein or fat to slow digestion

BOTTOM LINE

Cherries support gut health by:

- Feeding beneficial bacteria
- Reducing gut inflammation
- Strengthening the gut barrier
- Providing gentle, digestible fiber

They're a smart, gut-friendly fruit, especially when eaten mindfully and consistently.



Visit nwcherries.com/health for more sweet cherry health information and download the 2025 research whitepaper.