



EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
 A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

The Power of Cranberries

Cranberries may be small, but they certainly pack a powerful punch of nutrition! A quarter cup of dried cranberries contains 100 calories and 2 grams of fiber. Current research shows that including cranberries in your diet may offer numerous benefits for various health conditions. Be sure to choose 100% cranberry juice as opposed to its sugary cousin, cranberry juice cocktail.

Urinary Tract Infections –

Cranberries contain proanthocyanidins (PACs). PACs can act as a preventative measure against bacteria adhering to your bladder epithelial cells (urinary tract). The dining halls offer cranberry juice, dried cranberries, or cranberry sauce on a daily basis. Try adding dried cranberries to your salad, oatmeal, or yogurt at your next meal.

Heart Health – Cranberries contain compounds called flavonoids, which have been associated with a reduced risk of developing cardiovascular disease.



Oral Health --Cranberry PACs can help prevent pathogens from adhering to your oral epithelial cells (your mouth). Now that’s something to smile about.

Certain Types of Cancers –

Cranberries contain high levels of antioxidants which help protect our bodies from harmful toxins and may have cancer-fighting properties. Many ongoing clinical studies have been researching the potential tumor inhibition properties of cranberries.

Did you know that Rutgers has their own cranberry varieties including Crimson Queen, Demoranville, Mullica Queen, Scarlet Knight, Welker, and Haines? Dr. Vorsa of Rutgers aimed to promote genetic diversity and improve the overall fruit quality of cranberries.

Cran you dig it?

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