



# EATING 101

## RU DINING HEALTHY?



A Weekly Newsletter Brought to You by the RU Healthy Dining Team-  
A Joint Project Between RU Dining Services and The Department of Nutritional Sciences

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### The Power of Cranberries

Good things really do come in small packages. Cranberries may be small but they pack a nutritional punch! One cup of cranberries contains high amounts of fiber as well as Vitamins A and C. Studies are now showing that including cranberries in your diet may offer numerous health benefits for the following conditions:

- **Urinary Tract Infections** – Cranberries contain proanthocyanidins (PACs). PACs have been shown to prevent bacteria from sticking to urinary tract walls, and as a result, prevent infections. The anti-adhesion properties of cranberries may also be associated with the prevention of stomach ulcers. Did you know that the ground-breaking research on cranberries and urinary tract health was established by Rutgers Professor, AB Howell? Currently, research is being done here at Rutgers by Dr. Vorsa at the Philip E. Marucci Center for Blueberry and Cranberry Research.
- **Heart Health** – Cranberries contain compounds called flavanoids, which are responsible for a reduction in cardiovascular disease. Recent research on cranberries has shown a possible relationship between cranberry juice consumption and heart health. Therefore, a cup or two of cranberry juice per day may decrease your risk of heart disease.
- **Oral Health** – Cranberry juice can reverse and inhibit the ability of certain oral bacteria to form dental plaque, by adhering to the tooth and subsequently causing gum or periodontal disease. Now that's something to smile about.
- **Certain Types of Cancers** – Cranberries contain high levels of antioxidants. In fact, they contain more antioxidant compounds than 19 other commonly eaten fruits. The antioxidants found in cranberries help protect our bodies from harmful toxins and may have cancer-fighting properties. One study suggested that diets supplemented with cranberries demonstrated a decreased risk of tumor development in breast cancer cells.



The dining halls offer cranberry sauce, cranberry juice, dried cranberries, and cranberry muffins for your enjoyment. While much research on the benefits of cranberries still needs to be done, drinking 100% cranberry juice as opposed to cocktail juice now may allow you to receive the benefits later!

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References:

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Questions? E-mail the RU Healthy Dining Team at [peggyp@rci.rutgers.edu](mailto:peggyp@rci.rutgers.edu). Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis, and past newsletters, view our web page at <http://food.rutgers.edu>