



The taste you love, the nutrition you want.

Health Summary

Frozen raspberries are a tasty addition to a healthy diet. Washington's red raspberry farmers pick raspberries when they are ripe, at their peak nutrition and frozen soon thereafter by using a quick freezing technique that locks in the nutrients. In addition to being readily available, frozen raspberries are convenient and economical.

There is a significant body of science that supports numerous health benefits of consuming raspberries and a greater consumer interest in and appreciation for eating foods that promote health and wellness. Chronic maladies associated with aging—including heart disease, cancer, cardiovascular disease, and cognitive decline—are adversely stimulated by inflammation and oxidative stress.

It is important to note that there is general agreement in the scientific community that most chronic illness and disease states are caused by inflammation. Preliminary research suggests that raspberries are a potent anti-inflammatory; this quality may very well be the common denominator for the scientific results across all categories of illness and disease.

Consumption of whole plant-based food provides significant protection against disease. Raspberries are a rich source of anti-oxidants, vitamins, minerals, fiber, ellagic acid, and anthocyanins. Scientific research confirms that increased regular consumption of natural plant sources combined with exercise and calorie restriction improves wellness and vitality and reduces risk or improves recovery from serious chronic diseases.

Raspberries in view of their traditional nutrient and beneficial composition of phytonutrients are associated with the following health benefits:

- | Protect against free radical induced cell damage and reduce oxidative stress
- | Prevent the growth of cancer cells in vitro and in animal models
- | Reduce the risk of cardiovascular disease
- | Help regulate blood glucose and reduce the risk of diabetes
- | Provide protection against food induced allergic reactions
- | Protect against infectious bacterial and viral diseases

The key nutritional attributes of raspberries are that this fruit is:

1. Low in calories, 64 calories per 1 cup (1 cup equals 2 daily fruit servings)
2. High in fiber (32% of USRDV of 25 grams)
3. High in vitamin C (50% of USRDV)
4. Very high in polyphenols including anthocyanins
5. A major source of ellagic acid
6. Naturally cholesterol free and very low fat

While each of these characteristics plays a more significant role in reduction of individual disease states (e.g. ellagic acid in cancer and diabetes), there is widespread consensus in the scientific community that it is far more beneficial to consume the whole food as opposed to supplements because of the synergistic effect of all nutrients.

Frozen raspberries can be eaten in all kinds of ways—added to hot or cold cereal, stirred into yogurt, scattered over salad, used instead of ice cubes or enjoyed as is.

Serving suggestions and additional health and nutrition research can be found at

www.redraaz.org