GET RAZZED ABOUT FROZEN RASPBERRIES
The taste you love, the nutrition you want®

Bursting with a sweetly tart flavor and vibrant red color, red raspberries are among the most widely enjoyed berries in the United States. While growing and nurturing this delicate fruit is a 12-month operation, the intense summer harvest season lasts only a few weeks. The best way to enjoy this summer sensation year-round is to head to the freezer aisle.

www.redrazz.org
WHY FROZEN RASPBERRIES?

Picked at peak ripeness, red raspberries are frozen within hours of harvest—often on the same farm as they were grown. Only the highest quality raspberries are selected for freezing, and the gentle flash-freezing process maintains the fruit’s flavor and nutrient integrity.

TOP 10 FACTS ABOUT FROZEN RASPBERRIES

1. 73 calories per cup
2. More fiber than any other berry: 6 grams per cup or 21% Daily Value
3. One of the lowest in natural sugar content compared to other berries
4. High in vitamin C, providing 25 mg or 27% Daily Value per cup
5. Frozen at peak of ripeness
6. Naturally sweet and tart flavors make them versatile from a culinary standpoint
7. Offer convenience and consistent quality right out of the freezer
8. No waste or spoilage
9. Available year-round
10. Contain no added sugar or preservatives

Berry Comparison (per 140g serving)

Data from USDA Nutrient Database SR 28, accessed March 4, 2016
HEALTH PROMOTING POTENTIAL OF RED RASPBERRIES

Phytochemicals are individual compounds from plants found in fruits and vegetables. Raspberries are among the few plant foods that provide a source of the phytochemicals ellagitannin and anthocyanin in the same package. According to a comprehensive review of the available scientific literature published in the January 2016 issue of Advances in Nutrition, evidence suggests that the action of vitamin C (an antioxidant), fiber, and phytochemicals in red raspberries may be the key to their health promoting properties, including:

- Anti-inflammatory
- Anti-oxidative
- Metabolic stabilizing activity

These properties shed light on the potential role of red raspberries in helping to reduce the risk of metabolically-based chronic diseases, including cardiovascular disease, diabetes mellitus, obesity, and Alzheimer’s disease: all of which share critical metabolic, oxidative, inflammatory links. However, more research is needed, especially through human clinical trials.

ELLAGIC ACID CONTENT OF FOODS

Foods with the highest content of ellagic acid

The sweet and tart flavors of raspberries make them very versatile from a culinary standpoint, pairing well with fruits such as lemon, key lime, apricot, peach, and plum; spices and herbs such as mint, ginger, cinnamon, chili, or thyme; dairy and cheeses such as goat cheese, ricotta, yogurt or custard; and can bring out the best in chocolate or vanilla flavors. Chefs add acid to enhance flavor, and raspberries naturally have this and can complement stronger flavors, such as jalapeno (think raspberry salsa!).

ABOUT THE NATIONAL PROCESSED RASPBERRY COUNCIL

The Washington Red Raspberry Commission (WRRC) was formed in 1976 to support and promote the raspberry industry. The Commission operates programs that facilitate cultural and harvesting improvements, as well as regulates unfair trade practices within the industry. Also, the Commission establishes promotion plans and conducts programs for advertising, sales, promotion, and/or other programs for maintaining present markets and/or creating new or larger markets for raspberries, and it provides for research in the production and processing of raspberries.

SOURCES