



Cranberry Health News

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www.cranberryinstitute.org

LEADING SCIENTISTS REVIEW LATEST RESEARCH ON CRANBERRY'S ABILITY TO HELP MAINTAIN HEALTH

Researchers studying the health benefits of cranberries gathered at the third biennial Cranberry Health Research Conference, convened by the Cranberry Institute, to discuss a wide spectrum of emerging research. Prominent scientists from across North America met in Charleston, SC, this October to share current findings and new research into the cranberry's role in helping maintain health and inhibit a number of diseases and infections. The Institute assembled researchers in the fields of cardiovascular health, cancer prevention, urinary tract health, oral health, neuroscience, aging, immunology and food safety.

Martin Starr, PhD, Science Advisor to the Cranberry Institute, commented, "We convened the Health Research Conference so that scientists exploring cranberry's potential effect in many parts of the body could share their latest work, from clinical studies to preliminary exploratory research. These findings continue to grow more rich as researchers go both deeper and broader in examining cranberry's amazing phytonutritional complexity and its unique bacterial anti-adhesion and antioxidant benefits."

Researchers studying the compositional issues of the cranberry as they relate to health benefits shared work being conducted at all levels, from basic chemistry to clinical studies, in order to better evaluate this unique berry.

Studies reviewed at the conference included:

Inhibition of *E. coli*

A team of researchers at the University of Maine studied the antimicrobial effect of cranberry concentrate, and found that it **significantly inhibits the growth of *E. coli* O157:H7 – the particular strain of *E. coli* that contaminated spinach in the summer of 2006** -- as well as other types of bacteria found in food and in the body. This preliminary research may be of interest regarding food safety given the growing concern and need to control foodborne pathogens, particularly through **natural** antimicrobial compounds and **natural** preservatives.

"Incidences of *E. coli* O157:H7 contamination and food-borne illnesses seem to be occurring more frequently throughout the United States," said Dr. Vivian Chi-Hua Wu, Assistant Professor, Department of Food Science & Human Nutrition at the University of Maine. "Cranberry's antimicrobial effect offers considerable promise as a natural and effective tool to prevent such outbreaks."



Calendar of Events

American Academy of Physician Assistants Annual Conference

Visit the CI Booth!

May 26-31, 2007

Philadelphia, PA

For more information, visit

www.aapa.org

American Academy of Nurse Practitioners National Conference & Expo

Visit the CI Booth!

June 20-24, 2007

Indianapolis, IN

For more information, visit

www.aanp.org

School Nutrition Association Annual National Conference

Visit the CMC Booth and

Culinary Demo!

July 15-18, 2007

Chicago, IL

For more information, visit

www.schoolnutrition.org

References: V. Wu. The potential application of cranberry concentrate as a natural preservative in food. University of Maine, 2006.

“Recent studies reveal cranberries disable harmful *E. coli* bacteria,” Ocean Spray, <http://www.oceanspray.com/news/pr/pressrelease105.aspx>

Boosting the effect of flu vaccine

A pilot clinical study to be conducted by the University of California, Davis, starting this month will investigate the immune system-boosting potential of cranberry juice by evaluating how elderly subjects respond to influenza vaccine. Data on the amount of antioxidants found in different fruits suggest that **cranberries have one of the highest content per serving of polyphenols, making them a clear candidate to potentially counteract aging of the immune system.** Scientists hypothesize that a specific nutritional supplement, potentially cranberry, for the elderly may produce a stronger immune system.

The data obtained from this study will potentially allow researchers to plan more focused studies on the effects of cranberries on inhibiting the progressive reduction of the immune system.

Reference: C. Selmi. Effects of cranberry juice on the immune response to influenza vaccine in nutritionally at risk hosts. University of California, Davis, 2006.

National Institutes of Health (NIH)

Researchers presented updates on several of the 12 studies being funded by the NIH, including nine from the Center for Complementary and Alternative Medicine’s (NCCAM) **landmark multi-million dollar cranberry research initiative.** The body of research primarily examines the unique activity of cranberry in preventing adhesion of certain disease-causing bacteria to cells and tissues in the body. **Once completed, the data will include the largest clinical trial of Cranberry Juice Cocktail (CJC) on preventing urinary tract infection (UTI) in otherwise healthy women.**

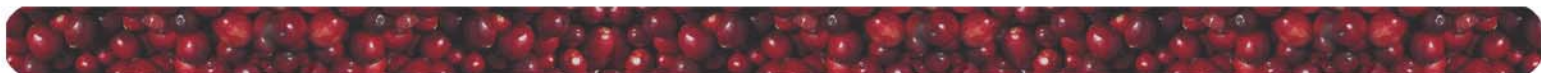
Urinary tract infection (UTI) is one of the most commonly acquired bacterial infections and *E. coli* is the most common urinary pathogen, accounting for 90% of UTIs acquired in the nation. **Reduced incidence of UTIs could decrease antibiotic use and ultimately reduce the growth of antibiotic resistance.** These studies may provide information not only on the efficacy of CJC, but also on dose effects, tolerance, compliance, and the activity of cranberry on vaginal and intestinal *E. coli*.

Reference: C. Barbosa-Cesnik, M. Buxton, J. Debusscher, M. Christy, S. Blumson, L. Zhang, M. Brown, B. Foxman. Cranberry Juice and Urinary Tract Infections. University of Michigan, School of Public Health, Department of Epidemiology, 2006.

Heart health and cancer inhibition

Ongoing research includes mechanisms of action of cranberry phytochemicals on several cancers and cardiovascular disease, cranberry polyphenols as effective anti-inflammatory compounds, and the effects of cranberry consumption on cholesterol levels.

A limited number of studies suggest that the consumption of cranberry powder or cranberry juice may be beneficial for vascular health, particularly with respect to cholesterol profiles, and a systematic investigation regarding the daily consumption of dried cranberries is underway.



Did You Know?

Survey: Consumers are Aware of the Health Benefits of Cranberries

In a national survey of adults 18 and older, results showed that many consumers are already aware of the health benefits of cranberries.

Antioxidants

71 percent of respondents believe cranberries to be a good source of heart-healthy antioxidants.

Anti-adhesion (UTI)

74 percent of respondents believe cranberries help prevent urinary tract infections.

Reference: National Cranberry Poll, Kelton Research. October 2006.

Take the Cranberry Institute Health Professional Online Survey

We want to hear from you!

We are conducting a short survey to learn more about health professionals' attitudes about cranberry health benefits, likelihood of recommending cranberries to patients, and perception of the Cranberry Institute.

To access the survey, visit:
<http://www.surveymonkey.com/s.asp?A=167853737E76197>

Cranberry Bean Salad

Prep time: 10 minutes

Makes: 6 servings



1 can (15 oz)
1 can (15.5 oz)
1

1 cup
1/4 cup
2 tablespoons
3/4 cup
3 tablespoons
3 tablespoons
1 1/4 teaspoons
3/4 teaspoon

Garbanzo beans, drained, rinsed
Cannellini beans, drained, rinsed
Granny Smith apple, cored and cut into 1/4-inch cubes
Dried Cranberries
Red onion, diced
Parsley, chopped
Apple juice
Honey
Cider vinegar
Curry powder, ground
Salt

Mix beans, apple, cranberries, onion and parsley in large bowl.

Blend apple juice, honey, vinegar, curry powder and salt in small bowl.
Pour over bean mixture; toss until blended.

Nutritional Analysis per Serving: Calories 240 (7% Calories from Fat), 7g Protein, 53g Carbohydrate, 7g Fiber, 2g Fat, 0g Sat. Fat, 0g Trans Fat, 0 mg Cholesterol, 400mg Sodium