



CRANBERRY HEALTH NEWS

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FDA Update: Cranberries are Safe to Consume with Warfarin

The U.S. Food and Drug Administration (FDA) recently approved an update to the Coumadin® (warfarin) Medication Guide that removes any warning against cranberry consumption while taking the drug.

To access the updated Medication Guide, visit the FDA:
<http://www.fda.gov/Drugs/DrugSafety/ucm085729.htm>.

Cranberry Equivalences Calculated for Health Benefits

According to the Cranberry and Human Health Research Review and the Cranberry Institute, all forms of cranberry provide similar health benefits. Research on 27% cranberry juice cocktail (CJC) indicates that the anti-adhesion effect begins approximately two hours after consumption and remains in the body for up to ten hours. People who are prone to urinary tract infections are recommended to consume two portions of cranberries daily for around the clock protection.

Approximate equivalencies to an 8oz serving of 27% cranberry juice cocktail:

- ¼ cup fresh cranberries
- 1/3 cup sweetened dried cranberries
- ¼ cup cranberry sauce
- 2 oz. 100% cranberry juice

*Calculated by the Cranberry Institute www.cranberryinstitute.org

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Resources you can use on
www.cranberryinstitute.org

The Exceptional Dried Cranberry Educational Handouts

To showcase the health and versatility of dried cranberries, view and download three new, fully referenced educational pieces:

[10 Reasons to Love Dried Cranberries](#)

[How Dried Cranberries are Made](#)

[Smart & Tart Ways to Enjoy Dried Cranberries](#)

The Cranberry Health Benefits Library

Updated quarterly, this online resource provides a wealth of scientific research underscoring the health benefits of cranberries. The library is categorized by topic areas for easy access to the research you're looking for and includes over 300 abstracts, 87 of which have been added since the beginning of this year. Interestingly, we see more and more research conducted outside of North America as evidenced by the research referenced in this newsletter.

New Cranberry Health Research

The Cranberry Institute tracks and funds cranberry health research around the globe. The CI also partners with industry organizations such as the Wisconsin Cranberry Board, Cranberry Marketing Committee, and Canadian Cranberry Growers Coalition, to fund research on the health benefits of the cranberry.

Cranberry Juice Helps Prevent Urinary Tract Infections

In a randomized, placebo-controlled study of 213 Japanese women aged 20 to 79 years old with a history of urinary tract infections, researchers found that 4-ounces of cranberry juice taken before bed daily for six months, helped prevent future infections, among the women aged at least 50 years old. Among the women in this age group, 29% of women who drank cranberry juice daily suffered from a UTI compared to 49% of the group receiving a placebo beverage.

While the study did not show a reduction in risk with cranberry juice among all subjects, the authors suggest that the study was underpowered. Based on the scientifically significant reduction in relapse rates among the subset of women aged 50 years and older, the authors concluded that cranberry juice provides a safe, effective treatment option for patients at risk for recurring uncomplicated UTIs. And, unlike antibiotics, cranberry juice provides no health risk effects including the risk for developing antibiotic-resistant bacteria.

Takahashi S, Hamasuna R, Yasuda M, et al. A randomized clinical trial to evaluate the preventive effect of cranberry juice (UR65) for patients with recurrent urinary tract infection. *J Infect Chemother.* 2012 Sep 8;?DOI 10.1007/s10156-012-0467-7

North American Cranberries Provide More Beneficial Proanthocyanidins than Other Species

Researchers in Germany analyzed the proanthocyanidin concentrations of three different cranberry species: *Vaccinium macrocarpon*, *Vaccinium oxycoccus* and *Vaccinium vitis-idaea*.

Botanically, Cranberry plants are evergreen shrubs of the family Ericaceae and the genus *Vaccinium*. The North American species is *Vaccinium macrocarpon*, while the smaller cranberry cousins from European countries include *Vaccinium oxycoccus* and *Vaccinium vitis-idaea* (lingonberry). Using UHPLC tests, the researchers analyzed the three berry species for variations in proanthocyanidins, specifically looking at the A-type trimer proanthocyanidins.

The researchers found significant differences in the types and quantity of A-type trimer proanthocyanidins. The North American berries provided significantly more A-type molecules compared to *Vaccinium oxycoccus*. *Vaccinium vitis-idaea* had the most overall proanthocyanidins of the three species.

The researchers suggest that while all three species are from the same plant genus, the proanthocyanidin profile is significantly different from each other.

Jungfer E, Zimmermann BF, Ruttkat A, Galensa R. Comparing Procyanidins in Selected *Vaccinium* Species by UHPLC-MS(2) with Regard to Authenticity and Health Effects. *J Agric Food Chem.* 2012 Sep 26;60(38):9688-96. Epub 2012 Sep 17.

Cranberry Juice Helps Prevent Pediatric Urinary Tract Infection by 65%

In a randomized controlled trial with 40 children aged 5 to 18 years old (median age of 7) with recurring urinary tract infections (UTIs), researchers from the University of British Columbia conducted a randomized, placebo-controlled study lasting a year.

Among the subjects drinking cranberry juice daily, the incidence of UTIs was significantly reduced. After 12 months, the average incidence of urinary tract infection in the treatment group was 0.4 per patient per year and 1.15 in the placebo group, representing a 65% reduction in the risk of urinary tract infection. The researchers concluded that cranberry juice is an effective strategy in reducing pediatric urinary tract infections, and provides no health risks like antibiotic therapies.

Alshar K, Stothers L, Scott H, Macneily AE. Cranberry juice for the prevention of pediatric urinary tract infection: a randomized controlled trial. *J Urol.* 2012 Oct;188(4 Suppl):1584-7. Epub 2012 Aug 19.

Cranberry May Offer Postmenopausal Women Heart Health Benefits

In an animal-model study, researchers at the University of Hong Kong fed female ovariectomized rats with daily cranberry juice while monitoring biomarkers of heart health. Cranberry juice consumption reduced circulating levels of total cholesterol, triglycerides and the non-HDL/HDL ratio. In addition, cranberry juice improved endothelium-dependent vascular relaxation.

The authors concluded that cranberry juice improved vascular function and cholesterol profiles, which may be beneficial for postmenopausal women to help improve potential risk factors for cardiovascular disease.

Yung LM, Tian XY, Wong WT et al. Chronic cranberry juice consumption restores cholesterol profiles and improves endothelial function in ovariectomized rats. *Eur J Nutr.* 2012 Jul 27.



Cranberries are in-season and a great addition to your holiday festivities. The tiny red berries are much more than an ingredient for sauce. Use them to make great salads, side dishes, salad dressings and desserts.

Roasted Brussels Sprouts with Cranberry Brown Butter

Ingredients:

4 pounds Brussels sprouts, halved lengthwise
6 tablespoons extra virgin olive oil
Kosher salt
Freshly cracked black pepper
½ pound fresh or frozen, thawed cranberries
3 tablespoons pure maple syrup
1 tablespoon finely grated fresh ginger root
1 ½ teaspoons finely grated orange zest
2 sticks (1/2 pound) unsalted butter
1 large shallot, minced
1 teaspoon chopped thyme



Directions:

Preheat oven to 400 degrees.

On 2 large rimmed baking sheets, toss the Brussels sprouts with the oil and season with salt and pepper. Roast for about 40 minutes, stirring halfway through, until the sprouts are tender and browned in spots.

Meanwhile, in a small saucepan, combine the cranberries, maple syrup, ginger, and orange zest. Cook over moderately low heat, stirring, until the cranberries break down and thicken, about 10 minutes.

In a medium skillet, cook the butter over moderately high heat until deep golden, about 4 minutes. Remove from the heat, add the shallots and thyme, and stir into the cranberry sauce.

Transfer the butter-cranberry mixture to a serving bowl, add the Brussels sprouts, and toss. Season with salt and serve warm.

Serves 12

Recipe provided by Cranberry Marketing Committee, [click here](#) for more recipes.

Health and Research Professionals:

The Cranberry Health Newsletter is designed to bring the latest research about cranberry and health to practitioners concerned about the health and well being of patients.

If you would like a colleague to receive updates about cranberry health, subscribe by sending an email to: (cinews@cranberryinstitute.org).

