



CRANBERRY HEALTH NEWS

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Resources You Can Use on CranberryInstitute.org

[Cranberry Health Research Library](#)

The Cranberry Health Research Library provides access to more than 300 published cranberry research study abstracts. It is categorized by topic area for easy navigation and is updated biannually.

Visit <http://www.cranberryinstitute.org> to search the library.



[Updates to the Rediscover Cranberries Toolkit](#)

The Medication Guide for Coumadin® (warfarin) has been updated and approved by the U.S. Food and Drug Administration (FDA). The guide has removed any warning against cranberry consumption while taking the drug. The Rediscover Cranberries Toolkit on CranberryInstitute.org has been updated with this new information along with links to the Medication Guide.

[FAQs About the Cochrane Review](#)

Despite the depth of research supporting the role of cranberry consumption in promoting a healthy urinary tract, the Cochrane Collaboration's published review, "Cranberries for preventing urinary tract infections," concluded that cranberry juice is less effective than previously indicated in preventing urinary tract infections. Cranberry science and nutrition experts remain confident in the longstanding scientific evidence and recently published research that demonstrates that regular consumption of cranberry products helps promote a healthy urinary tract. To help you understand the results and answer any questions you may have, the Cranberry Institute has developed an FAQ that can be downloaded on CranberryInstitute.org.

[Anticoagulation Forum Alerts Practitioners: **Cranberry & Warfarin OK Together**](#)

In the December 2012 issue of the Anticoagulation Forum Newsletter, Edith A. Nutescu, Pharm.D., FCCP, alerted practitioners to the updated Coumadin® (Warfarin) Medication Guide and removal of a warning to avoid cranberry products while taking the drug. To provide you with additional information on the updated label, the Anticoagulation Forum Newsletter article *Cranberry & Warfarin OK Together* is available to download on CranberryInstitute.org.

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New Cranberry Health Research

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

Cranberry Juice Improved Heart Health Markers

Among Diabetic Men

Individuals with diabetes are at increased risk for cardiovascular disease. To better understand if cranberry juice could help reduce the risk factors for heart disease among individuals with type 2 diabetes, researchers at Tehran University in Tehran, Iran conducted a double-blinded, randomized clinical trial to assess the impact of cranberry juice on biomarkers of heart disease.

The subjects were randomly assigned to drink either 1 cup of cranberry juice or a placebo beverage daily for 12 weeks. Researchers measured biomarkers for cardiovascular disease: paraoxonase-1 (PON-1) activity, apoA-1, apoB, glucose, and Lp(a), before and after the intervention.

Results? The researchers found that among those drinking cranberry juice, there was a significant decrease in serum glucose and apoB ($P < 0.01$ and $P < 0.01$, respectively) and a significant increase in serum apo A-1 and PON-1 activity ($P < 0.01$ and $P < 0.01$, respectively) compared with initial values. These results are positive in that they reflect improvements in biomarkers for heart disease.

The authors concluded that a cup of cranberry juice daily for 12 weeks reduced serum glucose and resulted in improved biomarkers for heart disease. This study adds to other previously published studies that suggest flavonoids in cranberry juice may play a role in improving biomarkers for health.

Shidfa F, Heydari I, Hajimiresmaiel SJ, Hosseini S, Shidfar S, Amiri F. The effects of cranberry juice on serum glucose, apoB, apoA-I, Lp(a), and Paraoxonase-1 activity in type 2 diabetic male patients. *J Res Med Sci.* 2012 Apr; 17(4):355-60.

PACs in Cranberry May Slow Digestion of Carbohydrates

Cranberry juice is known to contain myriad bioactive compounds that may help improve blood sugar control by slowing the digestion of carbohydrates. Now, researchers have reason to believe that the specific tannins in cranberries, referred to as proanthocyanidins (PACs), may be more effective at blunting blood sugar responses compared to tannins isolated from other fruits and cocoa.

The researchers isolated tannins from pomegranate, cranberry, grapes and cocoa to test their individual effectiveness at inhibiting the activity of certain enzymes that play a role in carbohydrate digestion (α -amylase and glucoamylase). Each of the tannins inhibited the enzymes in varying magnitude. In general, larger and more complex tannins, such as those in pomegranate and cranberry, more effectively inhibited the enzymes than did cocoa tannins. By inhibiting the enzymes, carbohydrate digestion is slower; therefore blood sugar control is improved.

Barrett A, Hughey CA, Straut C, Howell AB, Ndou T, Dai Z, Kaletunc G. Inhibition of α -amylase and glucoamylase by tannins extracted from cocoa, pomegranates, cranberries and grapes. *J Agric Food Chem.* 2013 Jan 5

Cranberry Juice Reduces UTI Recurrence Rate Among Kidney Transplant Patients

Urinary tract infections (UTIs) are the most common complication from kidney transplants and can lead to transplant rejection and other life-threatening outcomes. One study found that more than 53% of transplant patients suffered from a UTI after their operation.

To determine if cranberry juice consumption can help to decrease UTI recurrence in individuals that have received a kidney transplant, researchers in Germany conducted a retrospective study of 82 patients that consumed 100 ml cranberry juice daily, 1,500 mg/day L-methionine daily or a combination of both. The groups were compared to 30 control subjects.



Overall, by providing subjects with any of the treatments, there was a significant decrease in the annual UTI incidence by 58.3%, with no change in the control group. Patients who drank cranberry juice daily reduced the annual number of UTI episodes by 63.9% – from 3.6 to 1.3 per year – while those taking L-methionine experienced as 48.7% reduction. The authors concluded that cranberry juice and L-methionine can successfully reduce the risk of UTIs among an at-risk population.

Pagonas H Horstrup J, Schmidt D, et al. Prophylaxis of recurrent urinary tract infection after renal transplantation by cranberry juice and L-methionine. *Transplant Proc.* 2012 Dec;44(10):3017-21. doi: 10.1016/j.transproceed.2012.06.071.

Cooking with Cranberry

Cranberry Pesto Goat Cheese Crostini

Makes 24

Cranberry pesto and goat cheese atop a crostini or cracker is an amazing appetizer!

Ingredients:

- 1 clove garlic
- 1 cup sweetened dried cranberries
- 1 cup fresh, packed basil
- ¼ cup toasted walnuts
- ¼ teaspoon red pepper flakes
- ½ cup parmesan cheese
- ¼ cup minced Italian parsley
- ¼ cup olive oil
- Goat cheese (spreadable) or cream cheese
- 24 toasted baguette rounds or crackers
- Capers for garnish, if desired



Directions:

1. Pulse garlic in food processor until finely diced. Add cranberries, basil, walnuts and red pepper flakes. Pulse until blended but still chunky.
2. Place mixture in medium bowl. Stir in parmesan cheese, parsley and oil until fully combined.
3. Spread 1 teaspoon goat cheese or cream cheese over cracker/baguette and top with 1 tablespoon of the cranberry pesto mixture.
4. Garnish with capers if desired.

This recipe is courtesy of the Cranberry Marketing Committee. For more great recipes, visit www.USCranberries.com.

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).

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