CRANBERRIES

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HUMAN STUDY FINDS MEMORY AND NEUROLOGICAL FUNCTION IMPROVED BY CRANBERRY CONSUMPTION

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KEY TAKEAWAYS:

- With dementia expected to affect approximately 152 million people by 2050, it is crucial to seek modifiable lifestyle interventions, such as diet, that may lessen disease risk and burden.

- A new study, conducted by researchers at the University of East Anglia in England, found that **chronic consumption of cranberries for 12 weeks improves episodic memory and regional brain perfusion in healthy older adults**.[1]

> "The findings of this study are highly encouraging, considering that a relatively short 12-week cranberry intervention was able to produce significant improvements in memory and neural function," **says Dr. David Vauzour,** a Senior Research Fellow in Molecular Nutrition at Norwich Medical School University of East Anglia. "This establishes an important foundation for future research in the area of cranberries and neurological health."

- In this randomized, placebo-controlled, parallel-group feasibility study, those consuming freeze-dried cranberries, equivalent to 1 cup of fresh cranberries per day, exhibited a significant decrease in LDL ("bad") cholesterol levels, known to contribute to atherosclerosis, supporting the notion that cranberries can improve vascular health. This may, in part, contribute to the improvement in brain perfusion and cognition.

- As the first study to examine cranberries and their long-term impact on brain health in humans, these findings indicate that cranberry supplementation can improve cognitive performance.

References

1. Flanagan E, Cameron D, Sobhan R, Wong C, Pontifex M, Tosi N, Mena P, Del-Rio D, Sami S, Narbad A, Müller M, Hornberger M, Vauzour D, et al. Chronic Consumption of Cranberries (Vaccinium macrocarpon) for 12 Weeks Improves Episodic Memory and Regional Brain Perfusion in Healthy Older Adults: A Randomised, Placebo-Controlled, Parallel-Groups Feasibility Study. Frontiers in Nutrition., 2022, 9, 10.3389/fnut.2022.849902.

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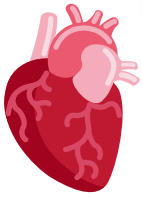
HEALTHY HEARTS BENEFIT FROM DAILY CRANBERRY CONSUMPTION



Published in Food & Function, 2022

KEY TAKEAWAYS:

- In this double blind randomized controlled trial, **those consuming cranberry had a significant improvement in flow-mediated dilation (FMD)**, which signals improvement of heart and blood vessel function.[2]

- The study included 45 healthy men who consumed whole cranberry powder equivalent to 1 cup of fresh cranberries per day (9 g powder) or a placebo for one month.

- Low consumption of fruits and vegetables is one of the top modifiable risk factors associated with a higher incidence of cardiovascular disease worldwide. Growing evidence continues to link the polyphenols from berries with heart health benefits. Cranberries are rich in unique proanthocyanidins that have distinct properties compared to polyphenols found in other fruits.

> "The fact that these improvements in cardiovascular health were seen with an amount of cranberries that can be reasonably consumed daily makes cranberry an important fruit in the prevention of cardiovascular disease for the general public," **says Dr. Ana Rodriguez-Mateos**, Senior Lecturer in Nutrition at the Department of Nutritional Sciences at King's College London.

References

2. Heiss C, Istas G, P. Feliciano R, Weber T, Wang B, Favari C, Mena P, Del-Rio D, Rodriguez-Mateos A, et al. Daily consumption of cranberry improves endothelial function in healthy adults: a double blind randomized controlled trial. Food Funct., 2022,13, 3812-3824.

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