

## CRANBERRIES AND HEALTH

Stay up-to-date on the latest cranberry research with the CI's bi-annually updated [Cranberry Health Research Library](#) – the most extensive resource for new cranberry science. Discover cranberries & health here: [http://cranberryinstitute.org/doclib/doclib\\_search.cgi](http://cranberryinstitute.org/doclib/doclib_search.cgi)

And learn more about two of the newest highlights from the library:

### Deep Data Dive: Cranberry Products and UTIs

Even with evidence to support the health benefits of a food, assessing the culmination of data allows practitioners to confidently make recommendations to their clients and patients. This is true for the medicinal use of cranberry products to help prevent urinary tract infections (UTIs). Led by Ângelo Luís, a team of scientists took on the task of taking a deep dive into clinical studies involving cranberry products and UTI prevention. The [systematic review and meta-analysis](#) of data revealed that through the years, studies have confirmed that there is significant support of the use of cranberry products in reducing the incidence of urinary tract infections. Their work also found that for those with some risk for UTIs, the ability for cranberry products to help prevent UTIs was more pronounced. The outcome of their analyses provided support for their conclusion statements: *[the results] could be used by physicians to recommend the ingestion of cranberries as a preventative tool to decrease the incidence of UTIs, particularly in patients with recurrent UTIs.*

Reference: Luís, Ângelo et al. Can Cranberries Contribute to Reduce the Incidence of Urinary Tract Infections? A Systematic Review with Meta-Analysis and Trial Sequential Analysis of Clinical Trials. *The Journal of Urology*. Sept 2017;198(3):614–621.

### Dried Cranberries and Gut Health

Researchers from the University of Wisconsin-Madison discovered that one handful-a-day of sweetened dried cranberries may make a change in the gut microbiome. In a recent [study](#) in *OMICS: A Journal of Integrative Biology*, the addition of a typical serving (42 grams; 125 calories) of this tangy fruit resulted in positive changes in the bacterial make-up and proteins present in healthy adults after only two weeks.

Reference: Bekiares N, Krueger CG, Meudt JJ, Shanmuganayagam D, Reed JD. Effect of Sweetened Dried Cranberry Consumption on Urinary Proteome and Fecal Microbiome in Healthy Human Subjects. *OMICS*. 2017 Jun 15. doi: 10.1089/omi.2016.0167. [Epub ahead of print]

## CRANBERRY HEALTH BENEFITS SIMPLIFIED

Did you know that The Cranberry Institute has an assortment of sharable, cranberry resources that are great year-round in practice, in-store and for readers?

Check out the newest addition to our arsenal of cranberry information: [4 Seasons, 4 Reasons for Cranberries Year-Round](#) – the ultimate seasonal guide for cranberry recipes and health facts!

And here's more from The Cranberry Institute's files:

### All About Cranberries

- [Cranberry Mnemonic](#): “cheat sheet” – a quick and easy reference for all things cranberry
- [Why We Choose These Foods](#): why certain foods make the school lunch menu
- [Dried Cranberries](#): top 10 reasons to eat dried cranberries, and tips for use and recipes
- [Health Research Library](#): a database of more than 500 studies

### Resources on Added Sugars

- [How to Talk to Consumers About Added Sugars](#): the result of an expert dietetic panel hosted by *Today's Dietitian* and The Cranberry Institute

## IN THIS ISSUE....

[Cranberry Health Benefits Simplified](#)

[Meet The Cranberry Bog Blogger](#)

[Whats in Season](#)

[Cooking with Cranberries](#)



- [Added Sugars...with Added Benefits Handout](#): consumer talking points when discussing added sugars
- [Straight Talk Q&A with Julie Miller Jones](#): FAQs are answered by the world-renowned nutrition expert, Julie Miller Jones, PhD, CNS, LN
- [The Added Sugars Fact Sheet](#): the International Food Information Council (IFIC) Foundation's fact sheet, "Making Sense of Sugars; The Role of Sugars and Added Sugars in Food"

## MEET THE CRANBERRY BOG BLOGGER



Jenny Shea Rawn MS, MPH, RD is a nutrition communications and food inspiration expert, Registered Dietitian and healthy food blogger who loves to create simple, flavorful and healthy meals. Jenny lives on Cape Cod with her husband, her 2-year-old son and almost 3-month-old daughter. In her free moments, she enjoys spending time outside running, hiking, walking the beach, boating, kayaking, cooking, gardening, exploring Cape Cod...and eating cranberries, in all forms! Visit Jenny's blog [My Cape Cod Kitchen](#) for seasonal cooking inspiration and follow her on [Instagram](#) and [Facebook](#).

Are you a Registered Dietitian with a blog? If you'd like to become a Cranberry Bog Blogger and receive additional cranberry health information, recipes and usage ideas to share with your readers, email [sbaber@pollock-pr.com](mailto:sbaber@pollock-pr.com) for more information.

## WHAT'S IN SEASON?

### *Friendsgiving is in Full Swing!*

The annual *Cranberry Friendsgiving Photo Contest* is back! You know cranberries are a Thanksgiving must-have, but cranberries of all forms cranberries are also a star at any *Friendsgiving* feast. Don't let your cranberry photos go unnoticed this year – show off your cran-tivity by sharing your creations on social media with the hashtag #FriendsgivingCranberryContest, and uploading them to [CranberryFriendsgiving.com](#) for a chance to win \$4,000 in prizes! The contest runs from October 16 to December 18.

We're traveling to the largest cranberry-growing state - Wisconsin - to learn about the most iconic time of the cranberry year: harvest! Check out our video to see cranberries in harvest, and learn why and how cranberries are harvested in water!

<https://www.youtube.com/embed/JNxF6m6iw04>



This year, we're taking fresh cranberries places they've never been before – from pizzas to chili, comfort food favorites have been reinvented! Check out the Cranberry Marketing Committee's newest recipe, developed in partnership with Carlene Thomas, RDN, of [Healthfully Ever After](#) – [Country Cranberry Chili](#).



**STAY CONNECTED!**

The Cranberry Institute is tweeting! Please tweet with us, tagging [@CranInstitute](https://twitter.com/CranInstitute) when sharing your cran recipes, research and facts!