



The taste you love, the nutrition you want.

Cancer

The American Cancer Society recommends eating five to nine servings of fruits and vegetables a day for cancer prevention and raspberry consumption is certainly part of this general recommendation. Raspberries are a good source of vitamin C and fiber. According to the American Institute for Cancer Research's second expert report, Food, Nutrition, Physical Activity, and the Prevention of Cancer: A Global Perspective (2007), foods high in vitamin C probably protect against cancer of the esophagus, while foods containing dietary fiber can probably decrease one's risk of developing colorectal cancer.

Raspberries hold an additional promising benefit because of their high concentration of ellagic acid. Medical literature indicates that ellagic acid can potentially reduce the risk of developing cancer as well as slow down the progression of already formed tumors. Considerable research has been undertaken on the relationship between ellagic acid and cancer. In laboratory studies, this phytochemical has shown the ability to prevent cancers of the skin, bladder, lung, esophagus and breast. Research suggests that ellagic acid seems to utilize several different cancer-fighting methods at once: it acts as an antioxidant, it helps the body deactivate specific carcinogens and it helps slow the reproduction of cancer cells.

Ellagic acid is a phenolic compound known for its potent anticarcinogenic and anti-mutagenic properties. Clinical tests conducted at the Hollings Cancer Institute at the Medical University of South Carolina and dozens of other prestigious research centers show that this naturally occurring plant phenol may be the most effective way to prevent cancer, to inhibit the growth of cancer cells, and to arrest the growth of cancer in

people with a genetic predisposition for the disease. Clinical studies also have found that ellagic acid in raspberries is easily absorbed by the body.

Ellagic acid acts as a scavenger to "bind" cancer-causing chemicals, making them inactive. It inhibits the ability of other chemicals to cause mutations in bacteria. In addition, it prevents binding of carcinogens to DNA and reduces the incidence of cancer in cultured human cells exposed to carcinogens.

A review of the literature demonstrates:

- Eating only a cup of raspberries each day has been shown to prevent cancer cells from developing. It may also kill some types of cancer, such as cells that have been infected by the human papilloma virus (HPV, the cause of cervical cancer.)
- Ellagitannins reduce the growth of abnormal cells within the colon.
- Studies have shown that ellagitannins may also be effective for preventing cancer in the breasts, pancreas, colon, esophagus, skin and prostate glands.
- Ellagitannins contained in red raspberries can also protect cells against cancer-causing chemicals which are contained in cigarettes, and food additives.
- Ellagitannins help to stop other volatile chemicals that bring about bacterial mutations.
- Raspberry ellagitannins are also able to protect and defend DNA by stopping carcinogens from connecting to it.

WASHINGTON 
Red Raspberries