



The taste you love, the nutrition you want.

Cardiovascular Health

General dietary advice for cardiovascular health involves a diet rich with fruits and vegetables and fiber. It turns out that in addition to fitting into general preventive health guidelines, raspberries are superior to some fruits and vegetables because of their unique nutrient content. The positive health effects extend to benefits to the heart and blood vessels. A body of scientific studies suggests that consuming the anti-oxidants present in raspberries, especially anthocyanins and ellagitannins, can reduce LDL oxidation.

Research on anthocyanins also shows that they reduce the coagulation of blood platelets, inhibiting formation of blood clots involved in stroke, pulmonary embolism, peripheral vascular disease and heart attack, promote higher levels of “good” cholesterol (HDL), and inhibit oxidation of “bad” cholesterol (LDL).

An emerging area for red raspberry consumption is its anti-inflammatory properties and its role as a COX-1 and COX-2 inhibitor. Aspirin or ibuprofen inhibits the enzyme that causes clotting. Raspberries also have an effect on clotting, suggesting a benefit of daily consumption of raspberries, “like a daily baby aspirin.” Recently published research from Michigan State University, East Lansing, investigated a range of fruits and berries for the level and activity of anthocyanins 1 and 2. These work in a similar manner to ibuprofen, helping the body block signals that cause pain and inflammation, stimulated by COX-1 and COX-2. Researchers discovered that the COX inhibitory activities of anthocyanins were comparable to those of ibuprofen and naproxen.

Raspberries contain salicylic acid believed to have protective effects similar to aspirin in preventing heart disease in those at high risk or who have heart disease. Salicylic acid is a natural phenolic compound known as the active principle of aspirin. A 100-gram serving (about 3/4 cup) of red raspberries contains around 5 milligrams of salicylic acid. Salicylic acid may have the same effects as aspirin in protecting people from cancer and the progression of atherosclerosis.



Diets rich in magnesium have recently received greater attention. Magnesium is known to be important for the growth and health of bones, but more recent studies are pointing to its role in reducing the incidence of metabolic syndrome, a group of conditions that increases the risks of type 2 diabetes and heart disease, including heart attack and stroke.

WASHINGTON **Red**
Raspberries