



The taste you love, the nutrition you want.

Health Research Summary

There is a significant body of scientific data that supports numerous health benefits of consuming raspberries and a greater consumer interest in and appreciation for eating foods that promote health and wellness.

Chronic maladies associated with aging—including heart disease, cancer, cardiovascular disease, and cognitive decline—are adversely stimulated by oxygen damage (oxidative stress). Consumption of anti-oxidants provides significant protection against disease. Raspberries are a rich source of anti-oxidants, vitamins, and fiber; science proves that increased regular consumption of natural plant sources combined with exercise and calorie restriction improves wellness and vitality and reduces risk or improves recovery from serious chronic diseases.

Raspberries in view of their traditional nutrient and beneficial phytochemical composition have been shown to have the following health benefits:

- Protect against free radical induced cell damage and reduce oxidative stress
- Prevent the growth of cancer cells in vitro and in animal models
- Reduce the risk of cardiovascular disease
- Help regulate blood glucose and reduce the risk of diabetes
- Provide protection against food induced allergic reactions
- Protect against infectious bacterial diseases
- Protect against viral diseases

The key nutritional attributes of raspberries are that this fruit is:

- Low in calories, 70 calories per 1 cup serving.
- Low fat (1 gram per 1 cup serving)
- High in fiber (provides 32% of USRDV)
- High in vitamin C (provides 50% of USRDV)
- 5% of USRDV of potassium
- 6% of USRDV of folate
- In the top 10 of high anti-oxidant fruits and vegetables
- Very high in polyphenols including anthocyanins
- A Major source of ellagic acid
- Cholesterol free
- High in Magnesium

While each of these characteristics plays a more significant role in reduction of individual disease states (e.g. ellagic acid in cancer), there is widespread consensus in the scientific community that it is far more beneficial to consume the whole food as opposed to supplements because of the synergistic effect of all nutrients.

It is important to note that there is agreement in the scientific community that most chronic illness and disease states are caused by inflammation. Preliminary research suggests that raspberries are a potent anti-inflammatory; this quality may very well be the common denominator for the scientific results across all categories of illness and disease.

