



The taste you love, the nutrition you want.

Obesity, Weight Management & Diabetes

Scientific research has also addressed raspberry consumption and obesity, weight management and diabetes. As a low calorie, high fiber food, raspberries have an important positive effect on satiety, the feeling of fullness, and consequently, can play a role in weight management by helping people to eat less food. Fiber helps reduce both hunger and the number of calories people's bodies can absorb.

Consumption of raspberries has also been revealed to help in blood sugar regulation. Ellagic acid as well as several other constituents in raspberries enhance insulin action, decrease insulin resistance and lower blood sugar, and have multiple anti-inflammatory effects and decrease oxidative stress as well as lower blood pressure.

New data also shows that ellagic acid is very effective in preventing damage to the eyes, kidneys, heart and the small capillaries of the feet and hands that occur with high glucose levels by inhibiting an enzyme called aldose reductase. This enzyme is responsible for the production of protein-sugar products called Advanced Glycation End-Products (AGE). These end products cause the damage of small blood vessels that leads to the blindness, kidney damage, stroke and heart attacks and loss of limbs associated with both forms of diabetes.



When given to mice in high doses, raspberry ketone has been shown to prevent high fat diet induced elevations in body weight. This effect comes from the alteration of lipid metabolism, increasing norepinephrine induced lipolysis*.

**Products containing this compound are marketed for weight loss, but this effect has not yet been demonstrated in humans.*

WASHINGTON **Red**
Raspberries 