



Scientists Identify Raspberries as One of Five Powerhouse Foods

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Atlanta, GA (May 8, 2010) Newly-released research reveals more reasons to grab a handful of raspberries.

When it comes to your health, not all fruits and vegetables are created equal. Some are significantly better sources of phytonutrients, chemical compounds in fruits and vegetables that have been found to play a protective role against chronic illnesses like cardiovascular disease and cancer.

Scientists analyzing data on fruit and vegetable consumption found that the most commonly consumed foods are not always the most concentrated sources of phytonutrients. For example, while strawberries are a popular dietary source of ellagic acid, one serving of raspberries contains three times more ellagic acid than strawberries. In addition to raspberries, the other phytonutrient powerhouses are sweet potatoes, papaya, kale and watercress.

"Americans could improve their phytonutrient intake by choosing to eat more concentrated sources of phytonutrients as well as a wider variety," study leader Keith Randolph said in a statement. The findings were presented at the Experimental Biology Meeting in Anaheim, California April 28, 2010.

Further support for raspberry's health benefits comes from research published in the most recent issue of *Pharmaceutical Research*. Scientists tested six berry types for their ability to prevent cancer of the esophagus. Lead researcher Dr. Gary Stoner said that red raspberries from Washington State worked very well.

Washington Red Raspberry Commissioner and farmer Erin Thoeny explains, "As we head into raspberry season, we are excited to learn additional information on the health benefits of our crops. These two studies add to the growing body of scientific research that red raspberries may play an important role in preventing many forms of cancer, neurological disorders, obesity and diabetes."

(For more information on the health benefits of raspberries visit www.raspberrinfo.com.)

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