



Beltsville Human Nutrition
Research Center

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USDA Databases: Intake of Nutrients from Raspberries and Related Fruits

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Nutrient Data Lab

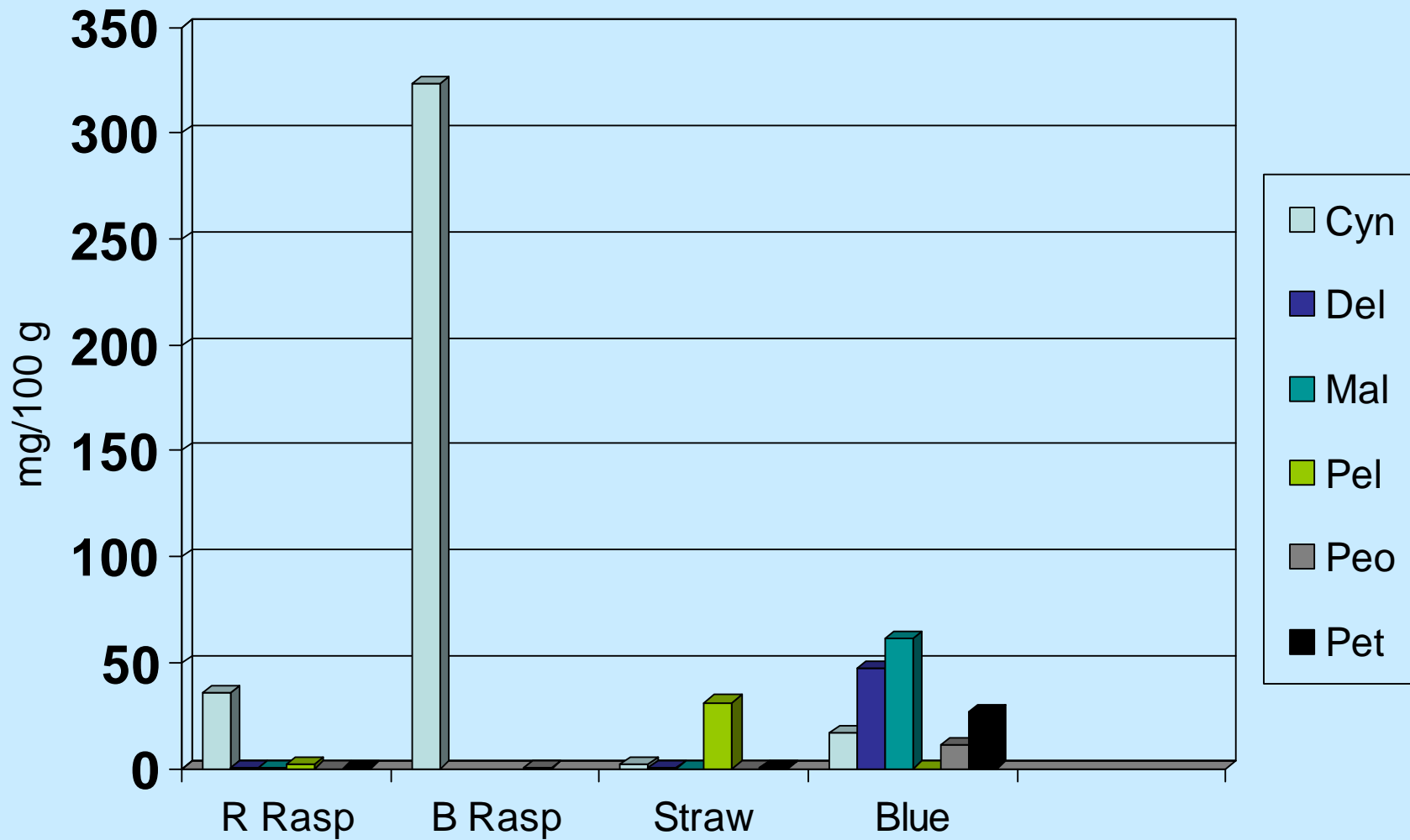
<http://www.ars.usda.gov/nutrientdata>

- National Nutrient Database For Standard Reference, Release 19.
 - download the data files and documentation
 - online, look up the nutrient content of 7,293 different foods
- USDA Database for the Flavonoid Content of Selected Foods, Release 2.1, January 2007.

Anthocyanidin Content of Selected Berries

	Antho mg/100g
B. Raspberries	324
Blueberries	163
R. Raspberries	39
Strawberries	34
Banana	7

Anthocyanidin Content of Selected Berries





The dietary interview component of the National Health and Nutrient Examination Survey (NHANES), 2003-2004.

What We Eat in America

- National estimates of usual intake of food for 24 nutrients and dietary components
- Responses of 8,940 individuals who completed a dietary recall
- Ages 1 year and older

Amount of Berries Consumed, NHANES, 2003-2004

	Antho mg/100g	kg fruit consumed
B. Raspberries	324	
Blueberries	163	3,722
R. Raspberries	39	
Strawberries	34	21,635
Banana	7	100,953

Total Anthocyanins Consumed from Selected Fruits

	Antho mg/100g	kg fruit consumed	mg consumed
Blueberries	163	3,722	6,085,470
R. Raspberries	39		
Strawberries	34	21,635	7,275,796
Banana	7	100,953	7,460,438

D. Haytowitz, J. Holden, NDL, BHNRC, ARS, USDA.

Ascorbic Acid Content of Selected Berries

	AA mg/100g	AA mg/cup or med fruit	1 c as % RDA for men
Blueberries	9.7	14.4 (148 g/c)	16
R. Raspberries	26.2	32.2 (123g/c)	36
Strawberries	58.8	84.7 (144 g/c)	94
Banana	8.7	10.3 (118 g/med)	11

RDA for adult men is 90 mg/d; for adult women is 75 mg/d.

Dietary Fiber

Dietary fibers

- carbohydrates and lignin
- intrinsic and intact in plants
- are not digested and absorbed in the SI

Functional fibers

- isolated and purified fibers

Total fiber

- sum of dietary and functional fibers.

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Data are not adequate to determine RDA for Dietary Fiber, so an **Adequate Intake (AI)** was developed. AIs for Total Fiber are based on the intake levels that have been observed to protect against CHD.

Dietary Fiber Content of Selected Berries

	DF/ g/100g	DF/c or med fruit	1 c as % AI; 1800 kcal diet
Blueberries	2.4	3.6 (148 g/c)	14
R. Raspberries	6.5	8.0 (123g/c)	32
Strawberries	2.0	2.9 (144 g/c)	12
Banana	2.6	3.1 (118 g/med)	12

AI is 14 g/ 1000 kcal; thus 25 for 1800 kcal diet.

Calorie Content of Selected Berries

	Kcal/ 100g	Kcal/c or med fruit	1c / 1800 kcal
Blueberries	57	84 (148 g/c)	4.6
R. Raspberries	52	64 (123g/c)	3.6
Strawberries	32	46 (144 g/c)	2.5
Banana	89	105 (118 g/med)	5.8

Raspberries



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Nutrition Facts

Serving Size 1 cup 123g (123 g)

Amount Per Serving

Calories 64 Calories from Fat 7

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 8g 32%

Sugars 5g

Protein 1g

Vitamin A 1% • Vitamin C 54%

Calcium 3% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

NutritionData.com

Looking for foods lower in calories?

Lettuce

Celery

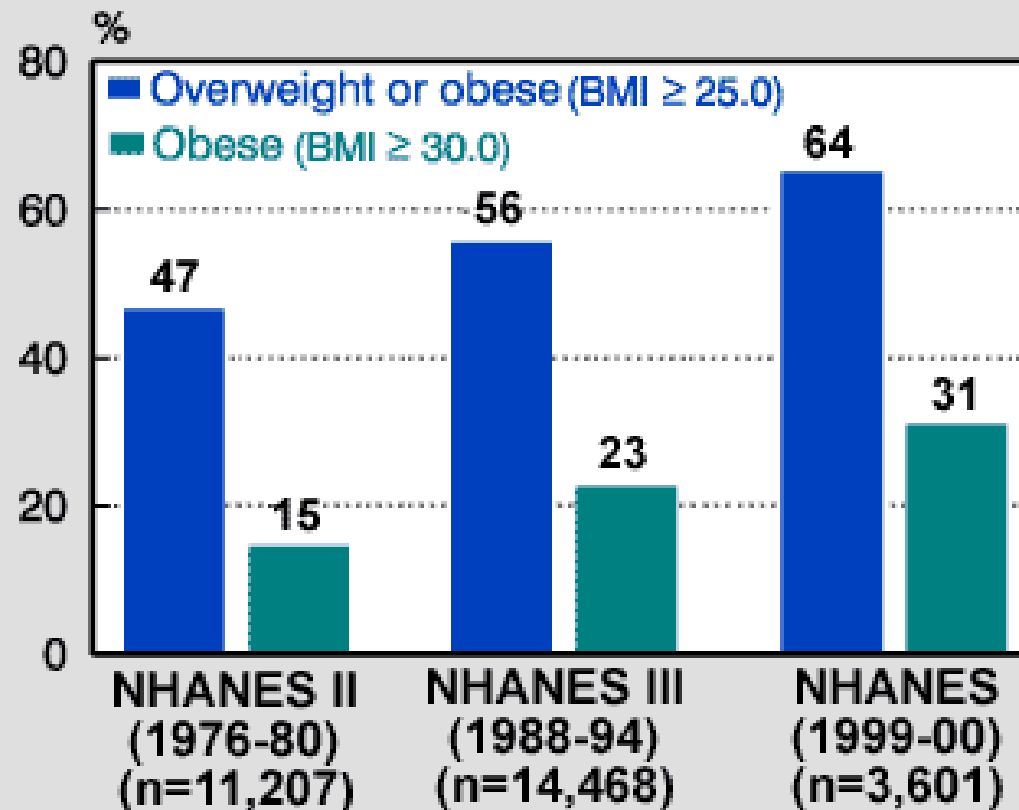
Carrott

Broccoli

Raspberries

- Low calorie
- Low fat
- High fiber
- High vitamin C

Age-adjusted* prevalence of overweight and obesity among U.S. adults, age 20-74 years



*Age-adjusted by the direct method to the year 2000 U.S. Bureau of the Census estimates using the age groups 20-39, 40-59, and 60-74 years.

Marketing to Health-Oriented Consumers

Raspberries: A great tasting treat that's

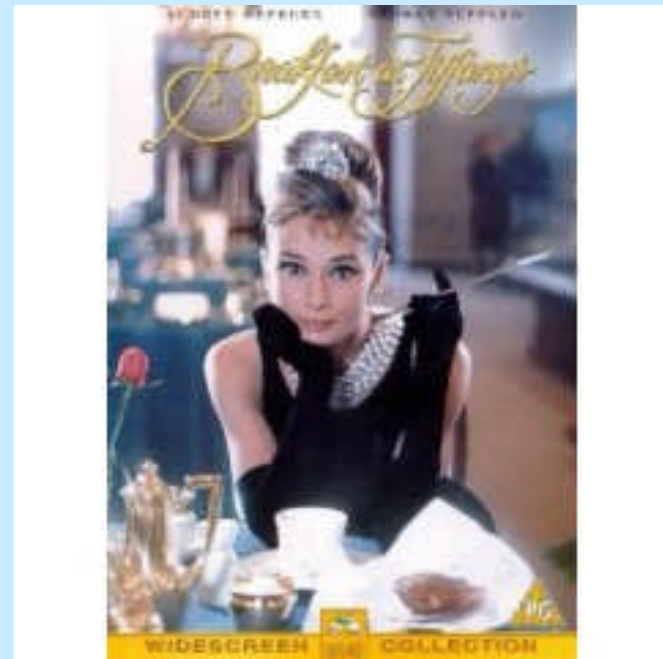
- Low in fat; high in antioxidants
- An excellent source of phytonutrients



Marketing to young adults based on Fitness or Healthy Body Weight

Raspberries: A great tasting treat that's

- Low in calories
- Satisfying and filling
- Naturally nutritious



Research

- Satiety testing in human subjects
- Vasodilation (arterial flexibility/stiffness)