



Washington Red Raspberry Research Monograph

NUTRITION NEWS!

Red Raspberries have been known to be beneficial for centuries in European, Asian and North American culture. Today Red Raspberries are being studied for the specific substances that are thought to be beneficial to the human body, in health nutrition and disease prevention.

Phytochemicals in Red Raspberries

Phytochemicals	Values
Anthocyanins	20-65 mg/100g
Ellagic Acid	3.39 mg/g dry wt
ORAC Values	24 μ mole TE/g
Salicylic Acid	5 mg/100 g
Quercetin	12 mg/100 g
Catechins	0.83 mg/100 g

SALICYLIC ACID

Salicylic acid is found in red raspberries and is suspected of having the same protective effect against heart disease as aspirin. Aspirin is a closely related compound known to pharmacists as salicylic acid acetate. The therapeutic successes of small daily doses of aspirin to inhibit atherosclerosis suggest the possibility that salicylic acid consumed in foods may provide a similar benefit. A 100-gram serving of red raspberries contains around 5 milligrams of salicylic acid.

QUERCETIN

Quercetin is a flavonol that works as an anti-carcinogen and an antioxidant. Quercetin has also been shown to reduce the release of histamine and may be effective against allergies. The quercetin content of red raspberries is 12 milligrams per 100 grams of juice.

CATECHINS

Catechins are flavonols that support the antioxidant defense system. Catechins found in red raspberries may contribute to cancer prevention. The catechins content found in red raspberries is 0.83 milligrams per 100 g.

COSMECEUTICALS

An entirely new category of the food and health care industry has developed called cosmeceuticals. This is a combination of "cosmetics" and "nutraceuticals," food products and ingredients that serve as functional products to improve outward appearance.

Red raspberries have gained prominence recently for their use in cosmeceuticals applications. The Kanebo Corporation of Japan has

introduced a new weight-loss theory-based on a chemical compound found in raspberries. Taisuke Yamaguchi of Kanebo's research center says the compound, ketone, helps to disintegrate fat by increasing the affinity of enzymes that break down fats with fat molecules.

In May, Kanebo introduced ketone tablets and body patches which are claimed to lower the amount of fat in the blood and reduce weight. In a research project conducted by Kanebo, in a test of 34 people, scientists fed 60 grams of butter to some of the test subjects while others received the same amount of butter along with raspberry ketone. They found that those who ate the raspberry ketone had fewer fat molecules in their blood.

The Kanebo scientists also said 23 of the 34 test subjects lost an average 0.6 kg after taking six to 12 of the sour tablets a day for about a month. In addition, they said test subjects lost about a millimeter of fat from their thighs after ketone lotion patches were applied every other day for a month.

COLOR IN THE DIET

The same stuff that makes raspberries rosy could put a healthy bloom in your cheek while also fighting cancer, heart disease and even the aging process.

The source of the color of red raspberries are called fruit pigments, and researchers at Oregon State University believe their beauty is more than skin deep. Fruit pigments are suspected of being the mother lode in a gold mine of dietary antioxidants.

To find out which fruit pigments pack the most vitamin value, researchers have isolated and concentrated the anthocyanin pigments and polyphenolic compounds found in pigments.

In addition to vitamin C and other known micronutrients, once identified, these antioxidant components could also be extracted and concentrated. Such extracts contain anthocyanin pigments and polyphenolic compounds.

ANTHOCYANINS

Anthocyanins, which act as pigments to give berries their deep color, are a major component of the phenolic/flavonoid class. This class of compounds is highly correlated with antioxidant activity. It may be one reason why people like colored foods: they may instinctively know they are good for the body. Recent research shows that anthocyanins act as antioxidants, providing many potential health benefits. Researchers are currently linking anthocyanin activity to improving vision, controlling diabetes, improving circulation, preventing cancer, and retarding the effects of aging, particularly loss of memory and motor skills.



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