



# Phytonutrient Match-Up

**Tart cherries contain a unique package of antioxidants and other phytonutrients, unmatched by most other super fruits.** Antioxidant levels are important but it's the phytonutrient profile that tells you the "whole" fruit story. A growing body of research suggests that specific plant compounds in cherries may offer important health benefits.

Known for their bright red color, cherries are particularly rich in anthocyanins – compounds linked to reduced inflammation associated with heart disease, arthritis and even muscle recovery post-exercise.

Whether enjoy as dried, frozen or as juice, cherries contain a wide array of beneficial phytonutrients.



## See How Other Fruits Match Up to Cherries' Powerful Phytonutrient Profile.

Natural Compound	Cherries	Blueberries	Strawberries	Grapes (Black/Red)	Apples	Pomegranates
<b>Anthocyanins/Anthocyanidins</b>						
Cyanidin	●	●	●	●	●	●
Cyanidin 3-glucosylrutinoside (anthocyanin 1)	●					
Cyanidin 3-rutinoside (anthocyanin 2)	●		●			
Cyanidin sophoroside	●					
Peonidin	●	●		●		
Peonidin 3-glucoside	●			●		
<b>Flavanols</b>						
Epicatechin	●	●		●	●	●
Catechin	●		●	●	●	●
Procyanidins (B1, B2 OR B3)	●	●	●	●	●	
<b>Flavanols</b>						
Quercetin	●	●	●	●	●	●
Kaempferol	●		●			
Isorhamnetin	●	●		●	●	
<b>Other Polyphenols and other Natural Compounds</b>						
Chlorogenic acid	●	●	●	●	●	●
Neochlorogenic acid	●			●	●	
3-coumaroylquinic acid	●				●	
Melatonin	●		●	●		●
Perillyl alcohol	●					
p-coumaric acid	●	●	●	●	●	●
Gallic acid	●	●	●	●	●	●
D-glucaric acid	●			●	●	
Ellagic acid	●	●	●	●		●
<b>Antioxidant Level</b>						
ORAC Value	2033	2200	1540	1260	3082	2341

\* Data from USDA Human Nutrition Research Center Oxygen Radical Absorbance capacity (ORAC) of Selected Foods – 2007 and Brunswick Laboratory, Wareham, Mass. Values are per 100g fruit, for fresh or frozen fruit, with the exception of pomegranate juice per 100g juice.

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Data were collected from the USDA Database for the Flavonoid Content of Selected Foods - 2003, and published peer-reviewed scientific research. Compounds shown represent the main compounds in tart cherries and were not intended to show exhaustive list of all phytonutrients.