

Serving Sizes and Nutrition

By adding a bit of RED, it's easy to obtain the USDA-recommended four to five daily servings of vegetables and fruit.

One serving of tart cherries equals:

- 1/2 cup (or 125 ml) dried
- 1 cup (250 ml) juice
- 1 ounce (or 2 Tbsp) juice concentrate
- 1 cup (8 oz.) frozen

Cherry Nutrition Facts

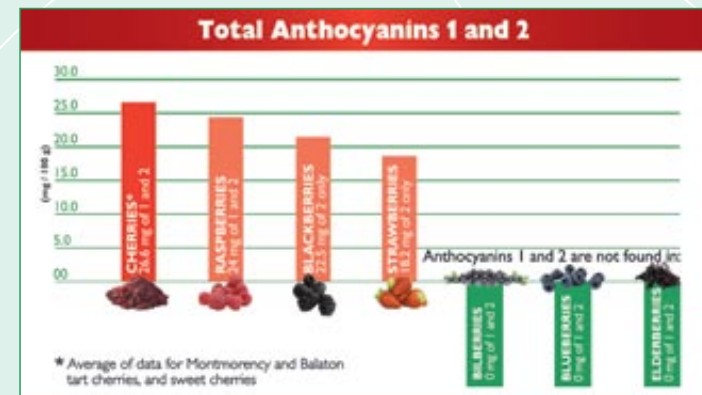
Frozen Cherries (1 cup = serving of fruit)	Dried Cherries (1/2 cup = serving of fruit)	Tart Cherry Juice (1 cup = serving of fruit)																																																															
<p>Nutrition Facts Serving Size 1 cup (134g) Servings Per Container 1</p> <p>Amount Per Serving</p> <p>Calories 60 Calories from Fat 0</p> <p>% Daily Value*</p> <p>Total Fat 0g 0%</p> <p> Saturated Fat 0g 0%</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 25mg 1%</p> <p>Total Carbohydrate 13g 4%</p> <p> Dietary Fiber 1g 4%</p> <p> Sugars 11g</p> <p>Protein 1g</p> <p>Vitamin A 15% • Vitamin C 6%</p> <p>Calcium 2% • Iron 4%</p> <p><small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small></p> <table border="1"> <tr><td>Calories</td><td>2,000</td><td>2,500</td></tr> <tr><td>Total Fat</td><td>Less Than 65g</td><td>80g</td></tr> <tr><td>Saturated Fat</td><td>Less Than 20g</td><td>25g</td></tr> <tr><td>Cholesterol</td><td>Less Than 300mg</td><td>300 mg</td></tr> <tr><td>Sodium</td><td>Less Than 2,400mg</td><td>2,400mg</td></tr> <tr><td>Total Carbohydrate</td><td>300g</td><td>375g</td></tr> <tr><td>Dietary Fiber</td><td>25g</td><td>30g</td></tr> </table> <p><small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small></p>	Calories	2,000	2,500	Total Fat	Less Than 65g	80g	Saturated Fat	Less Than 20g	25g	Cholesterol	Less Than 300mg	300 mg	Sodium	Less Than 2,400mg	2,400mg	Total Carbohydrate	300g	375g	Dietary Fiber	25g	30g	<p>Nutrition Facts Serving Size 1/2 cup (80g) Servings Per Container 1</p> <p>Amount Per Serving</p> <p>Calories 200 Calories from Fat 5</p> <p>% Daily Value*</p> <p>Total Fat 0.5g 1%</p> <p> Saturated Fat 0g 0%</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 0mg 0%</p> <p>Total Carbohydrate 49g 16%</p> <p> Dietary Fiber 2g 8%</p> <p> Sugars 41g</p> <p>Protein 2g</p> <p>Vitamin A 45% • Vitamin C 0%</p> <p>Calcium 2% • Iron 4%</p> <p><small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small></p> <table border="1"> <tr><td>Calories</td><td>2,000</td><td>2,500</td></tr> <tr><td>Total Fat</td><td>Less Than 65g</td><td>80g</td></tr> <tr><td>Saturated Fat</td><td>Less Than 20g</td><td>25g</td></tr> <tr><td>Cholesterol</td><td>Less Than 300mg</td><td>300 mg</td></tr> <tr><td>Sodium</td><td>Less Than 2,400mg</td><td>2,400mg</td></tr> <tr><td>Total Carbohydrate</td><td>300g</td><td>375g</td></tr> <tr><td>Dietary Fiber</td><td>25g</td><td>30g</td></tr> </table> <p><small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small></p>	Calories	2,000	2,500	Total Fat	Less Than 65g	80g	Saturated Fat	Less Than 20g	25g	Cholesterol	Less Than 300mg	300 mg	Sodium	Less Than 2,400mg	2,400mg	Total Carbohydrate	300g	375g	Dietary Fiber	25g	30g	<p>Nutrition Facts Serving Size 1 cup (240g) Servings Per Container 1</p> <p>Amount Per Serving</p> <p>Calories 140 Calories from Fat 0</p> <p>% Daily Value*</p> <p>Total Fat 0g 0%</p> <p> Saturated Fat 0g 0%</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 25mg 1%</p> <p>Total Carbohydrate 34g 11%</p> <p> Dietary Fiber 0g 0%</p> <p> Sugars 27g</p> <p>Protein 1g</p> <p>Vitamin A 0% • Vitamin C 0%</p> <p>Calcium 2% • Iron 8%</p> <p><small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small></p> <table border="1"> <tr><td>Calories</td><td>2,000</td><td>2,500</td></tr> <tr><td>Total Fat</td><td>Less Than 65g</td><td>80g</td></tr> <tr><td>Saturated Fat</td><td>Less Than 20g</td><td>25g</td></tr> <tr><td>Cholesterol</td><td>Less Than 300mg</td><td>300 mg</td></tr> <tr><td>Sodium</td><td>Less Than 2,400mg</td><td>2,400mg</td></tr> <tr><td>Total Carbohydrate</td><td>300g</td><td>375g</td></tr> <tr><td>Dietary Fiber</td><td>25g</td><td>30g</td></tr> </table> <p><small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small></p>	Calories	2,000	2,500	Total Fat	Less Than 65g	80g	Saturated Fat	Less Than 20g	25g	Cholesterol	Less Than 300mg	300 mg	Sodium	Less Than 2,400mg	2,400mg	Total Carbohydrate	300g	375g	Dietary Fiber	25g	30g
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Cherries
Not just another berry.

Cherries are one of today's hottest "Super Fruits"

Cherries are high in antioxidants; in fact, they contain similar amounts as blueberries and other berries. Cherries' RED color comes from anthocyanins, powerful antioxidants that studies suggest may reduce risk factors for heart disease and inflammation.



Tart Cherries May Help:

- Reduce inflammation and ease the pain of arthritis and gout
- Reduce risk factors for heart disease, diabetes and certain cancers
- Boost melatonin levels to help ease jet lag and regulate sleep-wake cycles

For more information visit
www.choosecherries.com

Choose Cherries and Eat RED Every Day

Here are some great ideas for incorporating this "Super Fruit" into your daily diet. Find more ideas and recipes at www.choosecherries.com.

Go RED...on the Go Create your own antioxidant-rich trail mix using dried cherries, nuts and seeds. Add in dark chocolate for that extra indulgence (and antioxidant boost). Pack it in your purse or briefcase for a mid-day or post-workout snack.

Brighten up Breakfast Make it a red hot morning by adding dried cherries to your cereal, oatmeal, yogurt or pancakes. One half cup of dried cherries equals one whole serving of fruit.

Make a Super Salad Give your favorite tossed salads, fruit salads and chicken salads a "Super Fruit" boost by topping them with dried cherries or drizzling homemade vinaigrette made with cherry juice for added taste and nutrition.

Be Smooth Another way to re-boost after a workout is by blending frozen cherries with cherry juice concentrate and low fat yogurt. Add a straw and you have a sensational smoothie for breakfast or a snack.

Drink RED Grab a single-serve bottle of 100% cherry juice or fill a water bottle with diluted cherry juice concentrate as you head out to the gym. Research suggests cherry juice may help reduce exercise-related joint pain.

BERRY GOOD OATMEAL *Makes 4 (1/2-cup) servings*

Ingredients:

- 2 cups low fat milk (1% for nutrition analysis)
- 1/4 teaspoon salt
- 1 cup old-fashioned rolled oats
- 2/3 cup mixed dried berries and cherries (red tart cherries, blueberries and strawberries)
- 1/8 teaspoon ground cinnamon
- 2 teaspoons packed brown sugar
- 1/2 cup low fat milk (1% for nutrition analysis)
- 4 teaspoons chopped toasted pecans or walnuts (optional)*

Directions:

Bring 2 cups milk and the salt to boil in a medium saucepan. Stir in dried oats; then stir in dried berries and cherries and cinnamon. Reduce heat. Simmer, uncovered, for 5 minutes, stirring occasionally. Remove from heat. To serve, spoon oatmeal into bowls. Pour 2 tablespoons milk over each serving. Sprinkle with brown sugar and, if desired, nuts.

*To toast nuts: Preheat oven to 350 degrees Fahrenheit. Spread nuts in a single layer in a baking pan. Bake about 8 minutes or until lightly toasted. Cool nuts before chopping.

Nutrition Info:

Calories 219, Total Fat 3g, Sat Fat 1g, Chol 8mg, Sodium 214mg, Total Carb 40g, Fiber 3g, Sugars 0g, Protein 9g



CHERRY CHILI *Makes about 2 quarts or 8 servings*

Ingredients:

- 4 ounces dried tart cherries, chopped (3/4 cup)
- 2 cups fat free low sodium chicken broth, divided
- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 tablespoon fresh chopped garlic
- 1 pound lean ground turkey (7% fat Jennie O)
- 1 roasted red Bell pepper, cut into 1/4" cubes
- 1 tablespoon + 1 teaspoon chili powder
- 1 1/2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon dried mustard powder
- 1/2 teaspoon dried oregano
- 4 cups chopped fire-roasted* tomatoes
- 1 1/2 cups cooked black beans (or 1 16-ounce can, rinsed and drained)
- 1/4 cup cilantro, chopped

Directions:

Heat one cup of the broth. Place cherries in small mixing bowl. Add hot broth and set aside.

Heat olive oil in a 4-qt. saucepan over medium heat. Add chopped onion and sauté for about five minutes or until onion is soft. Add garlic and cook one minute longer. Do not brown garlic. Add turkey and cook until it is no longer pink.

Add roasted Bell pepper, chili powder, cumin, coriander, mustard and oregano. Cook mixture over medium-high heat, stirring occasionally for about two minutes. Add tomatoes and remaining cup of broth; bring to boil. Reduce heat and simmer uncovered for about 5 minutes.

Stir in beans, cherries and cilantro. Continue cooking for an additional 2 minutes or until mixture is just heated through. Season with additional salt if desired.

*May substitute regular canned chopped tomatoes

Nutrition Info:

Calories 223, Total Fat 6g, Sat Fat 2g, Chol 41mg, Sodium 448mg, Total Carb 28g, Fiber 5g, Sugars 14g, Protein 17g

Recipes created by Cheryl Forberg for Cherry Marketing Institute

