



**Cherries**  
Not just another berry.

## Cherries Emerge as One of Today’s Hottest “Super Fruits”

Cherries are an antioxidant powerhouse. In fact, they contain similar amounts of disease-fighting antioxidants as blueberries. Ongoing studies suggest cherries may have unique health benefits, such as helping to reduce inflammation and the pain of arthritis and gout. And, don’t think of cherries as just a “summer fruit.” Cherries come in a wide variety of dried, frozen and juice products so you can enjoy the health benefits all year long.

### A Unique Nutrient Package

- ✓ *Melatonin* – a potent antioxidant that may help improve the body’s natural sleep patterns.
- ✓ *Anthocyanins* – plant pigments responsible for the deep red color of cherries that have been linked to a variety of health benefits, including protection against heart disease and some cancers.
- ✓ *Other antioxidants* – cherries contain at least 17 antioxidants, including powerful antioxidants egalllic acid, p-coumaric acid, kaempferol and quercetin.
- ✓ *Essential nutrients* – cherries are a good source of vitamin A (beta carotene) and also contain fiber.

### Antioxidant Power

The ORAC (Oxygen Radical Absorbance Capacity) analysis is a standard measure that quantifies the “power” of antioxidants in foods – and cherries are full of powerful antioxidants!

Form	ORAC units per 100 grams
Frozen cherries	2,033
Dried cherries	6,800
Cherry juice concentrate	12,800

# 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)

### Nutrition Facts

Serving Size 1 cup (134g)  
Servings Per Container 1

Amount Per Serving

Calories 60      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Cholesterol 0mg      0%

Sodium 25mg      1%

Total Carbohydrate 13g      4%

Dietary Fiber 1g      4%

Sugars 11g

Protein 1g

Vitamin A 15%      •      Vitamin C 6%

Calcium 2%      •      Iron 4%

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

	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

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### Nutrition Facts

Serving Size 1/2 cup (60g)  
Servings Per Container 1

Amount Per Serving

Calories 200      Calories from Fat 5

% Daily Value\*

Total Fat 0.5g      1%

Saturated Fat 0g      0%

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 49g      16%

Dietary Fiber 2g      8%

Sugars 41g

Protein 2g

Vitamin A 45%      •      Vitamin C 0%

Calcium 2%      •      Iron 4%

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

	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

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### Nutrition Facts

Serving Size 1 cup (240g)  
Servings Per Container 1

Amount Per Serving

Calories 140      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Cholesterol 0mg      0%

Sodium 25mg      1%

Total Carbohydrate 34g      11%

Dietary Fiber 0g      0%

Sugars 27g

Protein 1g

Vitamin A 0%      •      Vitamin C 0%

Calcium 2%      •      Iron 8%

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

	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

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4