



- 87 Calories, 2 gm protein, 3 gm fiber, no fat, no cholesterol
- 1 cup raw, pitted sweet cherries provides:**
- Potential benefits of consuming cherries:**
- Excellent source of antioxidants vitamin C, vitamin A (beta-carotene), polyphenols and anthocyanins to protect against aging and disease
- Good source of vitamin K, folate and potassium, which lowers blood pressure and supports heart health
- Contain phyosterols, known to help lower cholesterol and triglycerides, and melatonin which may help you sleep
- 8 oz tart cherry juice daily for 4 weeks has been shown to reduce blood sugars, blood pressure, muscle soreness, inflammation and gout
- Contain fiber which feeds a healthy microbiome and helps with feelings of fullness to aid in weight management

Health Benefits of Cherries:



Sweet cherries are dark red or purple. Tart cherries are bright red and used for cooking. Both contain similar healthful compounds.

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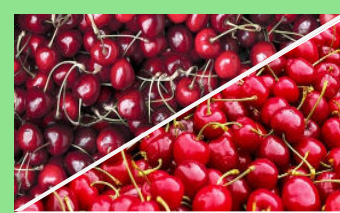
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Oregon State University

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