



# Cherries

## Health Benefits of Cherries

Sweet cherries are dark red or purple and are a delicious treat. Tart cherries are bright red and are usually used for cooking or making juice. Maraschino cherries are artificially sweetened and colored.

### **1 cup raw, pitted sweet cherries provides:**

- 87 Calories, 2 gm protein, 3 gm fiber, no fat, no cholesterol

### **Potential benefits of consuming cherries:**

- Excellent source of the antioxidants vitamin C, vitamin A, 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 phytosterols, known to help lower cholesterol, and melatonin which may help you sleep
- 8 oz tart cherry juice daily for 4 weeks has been shown to reduce inflammation, blood sugars, blood pressure and muscle soreness
- Contain fiber, which feeds healthy microbiome and helps with feelings of fullness to aid in weight management

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