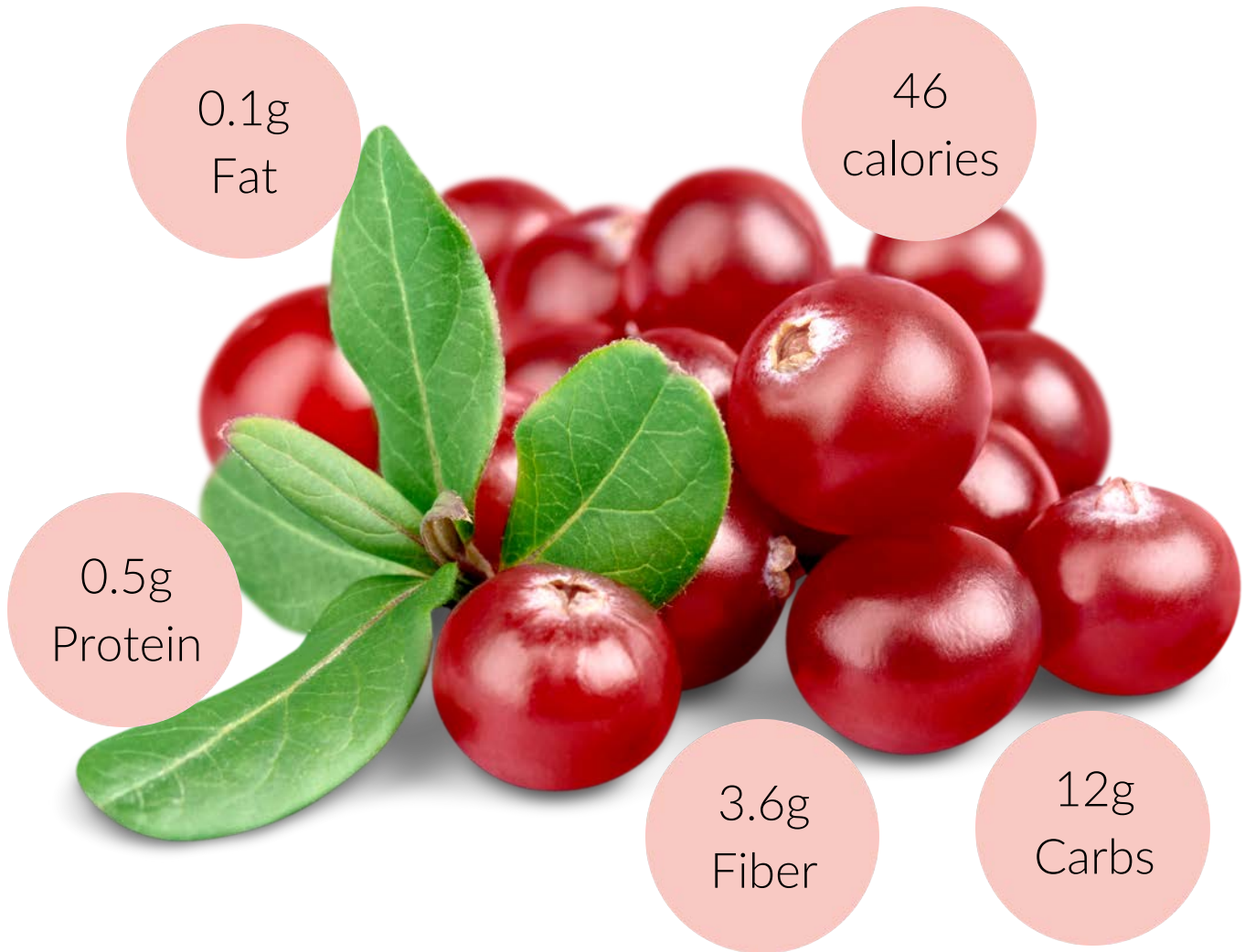


Cranberry Nutrition Facts



A 1-cup serving of raw cranberries contains 46 calories, 12g of carbohydrates, 3.6g of fiber, 0.5g of protein, and 0.1g of fat. Cranberries are a good source of vitamin C and manganese.

- Calories: 46
- Fat: 0.1g
- Sodium: 2mg
- Carbohydrate: 12g
- Fiber: 3.6g
- Sugars: 4.3g
- Protein: 0.5g
- Vitamin C: 14mg
- Manganese: 0.4g

Cranberry Health Benefits

Supports Heart Health

Cranberry juice and cranberry extract have been shown to have beneficial effects on several risk factors for heart disease.



May Aid Ulcer Prevention

Cranberries may prevent the bacterium *H. pylori* (considered to be a major cause of stomach inflammation and ulcers) from attaching to the lining of the stomach, potentially preventing gastrointestinal ailments.



Prevents Urinary Tract Infections

The unique phytonutrients found in cranberries can prevent *E. coli* from attaching to the lining of the bladder and urinary tract, potentially preventing infections.



May Reduce the Risk of Some Cancers

Cranberry supplementation may have the potential to prevent *H. pylori* (considered to be a major cause of stomach cancer) from growing in the gastric mucosa, potentially reducing the risk of stomach cancer.

