

# Raspberry Nutrition Facts



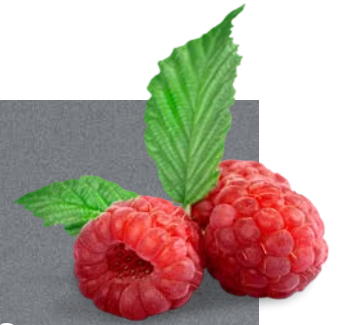
One cup of fresh raspberries (123g) contains 64 calories, 1.5g of protein, 14.7g of carbohydrates, 0.8g of fat, and 8g of fiber. Raspberries are an excellent source of vitamin C and fiber.

- Calories: 64
- Fat: 0.8g
- Sodium: 0mg
- Carbohydrate: 14.7g
- Fiber: 8g
- Sugars: 5.4g
- Protein: 1.5g
- Vitamin C: 32.2mg
- Magnesium: 27.1mg

# Raspberry Health Benefits

## Promotes Heart Health

Raspberries are high in fiber, which helps keep cholesterol levels down. The vitamins in raspberries, including vitamin C and folate, reduce oxidative stress and lower the risk of stroke. Raspberries are also a good source of potassium, a key electrolyte for lowering blood pressure.



## Improves Bone Strength

Raspberries are a natural source of resveratrol, a compound shown to have beneficial effects on bone strength. Raspberries also provide some bone-building calcium.



## May Help Relieve Arthritis Pain

The polyphenols in raspberries have anti-inflammatory effects, which can help with arthritis symptoms.



## Prevents Sun Damage

Raspberries are loaded with antioxidants and anti-inflammatory properties capable of preventing some degree of sun damage when applied topically to the skin.

