Farm to Health Series

MAXIMIZE YOUR NUTRIENTS FROM:

CHERRIES

Cherries are an excellent source of antioxidants and phytonutrients such as carotenoids, anthocyanins and phenolic acids. They also contain fiber with nearly 6% daily value (DV) per ½ cup. Compared to sweet cherries, tart cherries have much higher levels of vitamin A (20% DV per ½ cup) and slightly higher vitamin C (13% DV per ½ cup). Tart cherries also contain more carotenoids such as beta-carotene and higher total phenolics.

HOW THEY IMPROVE HEALTH

- Help to reduce inflammation and risk of cardiovascular disease.
- Antioxidants help reduce free radicals in the body, possibly reducing the risk of some cancers and Alzheimer's Disease.

This information is not meant to diagnose, treat, cure, or prevent any disease. This project is made possible by funding through OSU CARES - an initiative of OSU Extension and the Ohio State University to expand faculty, staff and student partnerships with communities throughout Ohio

For more information or how to maximize nutrients in other fruits and vegetables, see http://localfoods.osu.edu/maximizenutrients.

NUTRIENT AND PHYTOCHEMICAL CHANGES

Both total phenolics and vitamin C increase as cherries ripen, so it is best to consume at peak ripeness. Cold and room temperature storage may increase phenolics in ripe cherries for up to six days, but vitamin C can begin to decline during this time.

	Vit A	Vit C	Fiber	Anthocyanins	Carotenoids
Refrigerated storage	= or ↓	= or ↓	=	↑	= or ↓
Cooking methods:					
Cooked but not drained	=	↓	=	↓	=
Boiled and drained	↓	↓↓	=	↓↓	↓
Canned:					
Syrup from can drained	↓	↓↓	=	↓	↓
Syrup from can retained	=	↓↓	=	↑↑	=
During storage	=	= or ↓	=	= or ↓	=
Frozen	↓	↓	=	↓	↓↓
Just after freezing	=	=	=	=	=
Long-term frozen storage	↓	↓	=	↓	↓
Dried					
Just after drying	↓	↓↓	=	↓↓	=
Long-term dried storage	↓↓	↓↓	=	↓↓	↓
Juice	↓↓	↓↓	↓↓	=	↑

↓: decrease, ↓↓: large decrease, = : no change, ↑: increase, ↑↑: large increase

Recipe: Cherry Smoothies

(Developed by Robin Ralston and Morgan Orr, The Ohio State University)

These recipes use canned, undrained cherries to maximize intake of phenolic compounds. Tart cherries have higher vitamin C, vitamin A, carotenoids and phenolics compared to sweet cherries.

Cherry-Berry Smoothie

Cherry-Tofu Smoothie

Ingredients:

- 14.5 ounces canned pitted red tart cherries in water, chilled in the refrigerator, undrained
- 1 frozen banana
- ½ block of tofu (about 7-8 ounces)
- 1 cup low fat milk or dairy-free milk
- 1 Tbsp honey

Directions:

- Put all ingredients in a blender and blend until smooth. More or less milk can be added to achieve desired consistency

Makes 3 servings

Per serving: 161 calories, 4g total fat (1.5 g saturated fat), 26g carbohydrate, 8g protein, 2.3g dietary fiber (9% DV), 46mg sodium, 5mg vitamin C (8% DV), 734 IU vitamin A (15% DV)

Cherry-Berry Smoothie

Ingredients:

- ¾ cup canned pitted red tart cherries in water, chilled in the refrigerator, undrained
- ½ cup low fat milk or almond milk
- ½ cup frozen mixed berries
- 8oz (1 container) cherry Greek yogurt
- 1 banana

Directions

- Put all ingredients in a blender and blend until smooth. More or less milk can be added to achieve desired consistency

Makes 3 servings

Per serving: 129 calories, <1g total fat (<0.5g saturated fat), 26g carbohydrate, 7g protein, 2.5g fiber (10%DV), 89mg sodium, 10mg vitamin C (17% DV), 697 IU vitamin A(14% DV)

OTHER FOOD SOURCES OF KEY NUTRIENTS AND PHYTOCHEMICALS:

- Anthocyanins
  - Berries
  - Red Cabbage
- Vitamin A
  - Carrots
  - Dark leafy greens

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