

# Positive Benefits of *Honestly* *Cranberry*

**PACs: Proanthocyanidins with A-type linkages are only found in cranberries. The benefits of PACs with A-type linkages include the following: contain phytonutrients; provide protection against urinary tract infection (UTI); anti-inflammatory, digestive tract and cardiovascular benefits; antioxidant protection, and immune support.**

**Here is a comparison between sweetened dried cranberries (SDC) and Honestly Cranberry's unsweetened dried cranberries (HC) which was performed by Dr. Amy Howell, Ph.D., a research scientist at Rutgers University:**

|  | <b>SDC</b> | <b>HC</b>    |
|--|------------|--------------|
| PAC level (mg/mL)                                | 0.5        | 12.9         |
| Amount of product needed for 36 mg dose* of PACs | 72 g       | 2.8 g        |
| <b>Percent sugar</b>                             | <b>80%</b> | <b>21.4%</b> |

\* dose = 1x/day

- This means Honestly Cranberry has more PACs per unit of weight than in fresh or SDCs

**100% Fruit solids in Honestly Cranberry!**

**NO ADDED SUGARS, JUICES OR OILS!**

# Positive Benefits of Cranberries

## NUTRITIONAL LABELS

### Fresh Cranberries

¼ cup

| Nutrition Facts              |                |
|------------------------------|----------------|
| Amount Per Serving           | % Daily Value* |
| Calories 12                  |                |
| <b>Total Fat</b> 0g          | 0%             |
| Saturated Fat 0g             | 0%             |
| Trans Fat 0g                 |                |
| <b>Cholesterol</b> 0mg       | 0%             |
| <b>Potassium</b> 20 mg       | <1%            |
| <b>Sodium</b> 0mg            | 0%             |
| <b>Total Carbohydrate</b> 3g | 2%             |
| Dietary Fiber 1g             | 4%             |
| Sugars 1g                    |                |
| <b>Protein</b> 0g            |                |
| Vitamin A 0%                 | Vitamin C 12%  |
| Calcium 0%                   | Iron 1%        |
| Phosphorus 0%                | Magnesium 0%   |
| Folate 0%                    |                |

USDA – National Nutrient Database

### Unsweetened Dried Cranberries (HC)

¼ cup

| Nutrition Facts               |                |
|-------------------------------|----------------|
| Amount Per Serving            | % Daily Value* |
| Calories 45                   |                |
| <b>Total Fat</b> 0g           | 0%             |
| Saturated Fat 0g              | 0%             |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 0mg        | 0%             |
| <b>Potassium</b> 80 mg        | 2%             |
| <b>Sodium</b> 0mg             | 0%             |
| <b>Total Carbohydrate</b> 11g | 4%             |
| Dietary Fiber 3g              | 12%            |
| Sugars 3g                     |                |
| <b>Protein</b> 0g             |                |
| Vitamin A 0%                  | Vitamin C 2%   |
| Calcium 0%                    | Iron 2%        |
| Phosphorus 0%                 | Magnesium 0%   |
| Folate 0%                     |                |

Marshfield Food Safety

### Sweetened Dried Cranberries (sdc)

¼ cup

| Nutrition Facts               |                |
|-------------------------------|----------------|
| Amount Per Serving            | % Daily Value* |
| Calories 123                  |                |
| <b>Total Fat</b> 0g           | 0%             |
| Saturated Fat 0g              | 0%             |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 0 mg       | 0%             |
| <b>Potassium</b> 20 mg        | 1 %            |
| <b>Sodium</b> 0mg             | 0%             |
| <b>Total Carbohydrate</b> 33g | 11%            |
| Dietary Fiber 2g              | 12%            |
| Sugars 29g                    |                |
| <b>Protein</b> 0g             |                |
| Vitamin A 0%                  | Vitamin C 0%   |
| Calcium 0%                    | Iron 0%        |
| Phosphorus 0%                 | Magnesium 0%   |
| Folate 0%                     |                |

USDA – National Nutrient Database