



www.woahcco.com/healthy-bytes-initiative/

- Low calorie, no fat, 5 gm of dietary fiber and no dietary cholesterol
- High in vitamin C and polyphenol antioxidants protective against cancer, aging, inflammation, diabetes and bacterial infections
- Polyphenol antioxidants and vitamins K and E protect against plaque formation in the arteries
- Cranberries also contain potassium for lower blood pressure
- Inexpensive and versatile, use them in salads, cereals, muffins, casseroles, smoothies and even holiday punch
- Use fresh, frozen or dried varieties

The Health Benefits Cranberries



Cranberries
one cup fresh or frozen
1/4 cup dried



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