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Healthug Eating Active Living

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

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

The Health Benefits Cranberries



Cranberries
one cup fresh or frozen
1/4 cup dried

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