

## Research Corner

## Stemilt's Sweet Cherries are a Healthy Summer Selection

### Sweet Cherry Nutrition Information

Serving size 1 cup -- 21 cherries

Calories	90 cal
Protein	1 g
Carbohydrate	19 g
Fat	0 g
Fiber, dietary	3 g
Cholesterol	0 mg
Sodium	0 mg
Potassium	270 mg



*Early season cherries in Washington ripening in late May.*

## Studies support the health benefits of eating sweet cherries

According to Roberta Duyff, acclaimed author, dietitian, and food and nutrition consultant for the Yakima, Wash.-based Northwest Cherry Growers association, sweet cherries are a wonder food! A good source of vitamin C and fiber, they're low in fat and they are sodium and cholesterol free. Sweet cherries also have high antioxidant levels, and they are among the top 10 fruits with a high oxygen radical absorbance capacity (ORAC).

A food's ORAC score demonstrates how effective the food is at raising the antioxidants in the bloodstream. Studies suggest that eating plenty of high-ORAC foods can raise the antioxidant power of blood 10 to 25 percent. Cells can become damaged when oxygen is released as a byproduct of energy being metabolized. Antioxidants neutralize free radicals and help prevent this cumulative damage to body cells and tissues.

Duyff's report, which was compiled from various studies pointing to the health benefits of eating cherries, underscored the occurrence of anthocyanins in the fruit. Here is more information about this healthful compound in cherries:

- **Protection against heart disease** -- It's worth noting that cherries, like red wine, contain large amounts of an anthocyanin pigment called cyanidin 3-glucoside, (C3G); C3G may contribute to the low incidence of heart disease, even in some

studies where subjects had a very high fat intake in their diet. Anthocyanins also are the substances that give cherries their rich, red hue. The darker the cherry, the higher the anthocyanin level. Some studies show that anthocyanins are among the most powerful cancer-fighting phenolic compounds.

- **Protection against cancer** -- Fruit pigments have been described as the "mother lode in a gold mine of antioxidants." The cancer-protecting flavonoids and phenols, such as anthocyanins in sweet cherries, are believed to protect especially against cancer of the alimentary tract (esophagus, stomach, and digestive system). No recommended intake currently exists for anthocyanins. However, sweet cherries are an excellent source of this beneficial phenol.

- **Reduction of inflammation** -- Anthocyanins in cherries also may have anti-inflammatory properties, which may relieve arthritis symptoms. It's believed that anthocyanins block inflammatory enzymes, thus reducing pain. According to various studies, eating two servings of cherries also decreases the inflammation and other symptoms associated with gout.



*Honey-colored with a rosy blush, Rainier variety cherries are a super-sweet selection. Dark-sweet varieties such as Bing are high in anthocyanins, a flavonoid believed to help fight cancer.*

- **Melatonin for good sleep** -- The presence of sleep-inducing melatonin has also been found in sweet cherries, according to Duyff's report. Both sweet and tart cherries contain melatonin. Melatonin also is believed to have high antioxidant activity, with superior effectiveness in "scavenging" free radicals, particles that can damage human cells.

For more of Duyff's findings about cherries, go to [www.nwcherries.com](http://www.nwcherries.com) and click on the Health tab.

# Nutrition Roundup from Stemilt Growers

## New apple snack from Stemilt a healthy option to sweets

What if a snack that tastes sinfully sugary-sweet could be good for you too?

Stemilt Growers' new line of sliced apples called AppleSweets™ is all that and more – a snack for consumers looking for something that's nutritious yet satisfies that sweet-snack craving.

Stemilt Marketing Director Roger Pepperl said fresh-cut, packaged apples have been around for a few years, but AppleSweets™ are unique because they include flavored slices that taste like a caramel-rich candy or a wild berry lollipop.

"The flavored slices are made from all-natural ingredients that don't add calories or fat to the apples," Pepperl said. "AppleSweets help you curb your hunger for rich, sweet snacks and desserts, but you can eat all you want and still feel good about snacking."

The two flavors now available are County Fair Caramel and Wild Berry. Pepperl said other flavors will be rolled out in the future, with likely selections such as Tropical and Mom's Apple Pie available from the AppleSweets™ family of products.

Unflavored slices are also part of the line, with Tart AppleSweets™ and Sweet AppleSweets™ available.



## Life's a bowl of Stemilt cherries for Sesame Street's Elmo

Consumers will see Elmo and Stemilt's delicious sweet cherries in more places than just the produce section this summer as Stemilt Growers and Sesame Workshop, creators of Elmo and *Sesame Street*, team up to teach kids and parents about this nutritious fruit.

Stemilt Marketing Director Roger Pepperl said the red, lovable character from *Sesame Street* is the perfect mascot for the company's product because he is so recognizable and fun.

"This is the third year that Elmo has been part of our effort to inform consumers about the health benefits of eating cherries," Pepperl said. "His wholesome image on *Sesame Street* fits well with the wholesome goodness of our product."



*Elmo from children's TV program Sesame Street touts nutritious sweet cherries from Stemilt in display units appearing in stores nationwide this summer.*

The display emphasizes the antioxidants present in cherries and features two important logo endorsements: one is from *Sesame Street's* Healthy Habits for Life program, which promotes balanced diets and active lifestyles for children. The second is the

new Fruits & Veggies - More Matters logo from Produce for Better Health, a Wilmington, Del.-based foundation charged with creating and supporting programs that encourage greater U.S. consumption of produce.

Pepperl said Stemilt designed the unit so that it can be separated into four different displays, allowing supermarkets to deliver the cherry-nutrition message in more areas of the store.



## Fresh Cherry & Apple Picnic Salad

*This salad is easy to make, packed with vitamins, and refreshing! A perfect complement for any summertime main course.*

- 1 cup sugar snap peas
- 2 cups pitted Stemilt Rainier or dark sweet cherries
- 2 medium Stemilt Braeburn apples, cored & diced
- 1 medium cucumber, halved, seeded and sliced 1/2 inch thick
- 1 cup red radishes, cut into wedge-shaped pieces
- 3 tablespoons white wine vinegar
- 2 tablespoons Balsamic vinegar
- 1/2 teaspoon sesame oil
- 3/4 teaspoon salt
- 1/2 teaspoon each toasted sesame seeds and grated fresh ginger root
- 1/8 teaspoon ground pepper

Combine remaining ingredients and mix well. Pour over cherry mixture and toss to coat. Marinate, refrigerated, at least one hour.

Makes 4 to 6 servings.

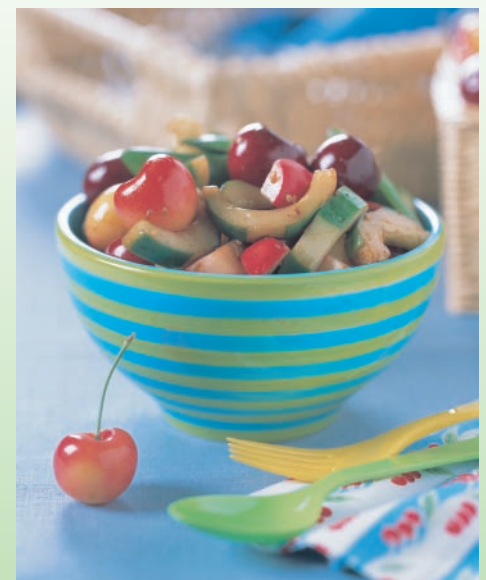
### Nutrition Information Per Serving:

119 Cal., 4 g pro., 2 g fat (17% Cal. from fat), 22 g carb., 2 mg chol., 3 g fiber, 474 g sodium.



Source: Northwest Cherry Growers  
Yakima, Wash.

Blanch peas in boiling salted water 1 minute; plunge into iced water to cool. Drain. Mix cherries, apples, cucumber, radishes and peas.



*Fresh cherry and apple salad is a perfect side dish for your Fourth of July barbecue.*