

B E R R Y F A C T S

Black Raspberry

- ◆ Fresh Season typically July 1st through July 21st
- ◆ A small (2.0g) blue-black berry with a small seed
- ◆ Also known as “Blackcaps”
- ◆ Native to North America
- ◆ Extremely dark pigment allows black raspberries to be used as a coloring agent. The USDA stamp on meat was made with black raspberry dye for many years

Health Benefits

- ◆ Have an extremely high overall level of phenolic compounds. Phenolic compounds such as ellagic acid, gallic acid and rutin contribute to the healthful benefits of black raspberries.
- ◆ Contains high levels of anthocyanins, which give black raspberries their rich, dark color. Anthocyanins work as antioxidants to help fight free radical damage in the body. The anthocyanin level of black raspberries is 214-589 mg/100g.
- ◆ Antioxidant levels of foods are sometimes measured as ORAC (oxygen radical absorption capacity). The ORAC level of black raspberries is 77 µmoles/TE/g.
- ◆ Rich in ellagic acid. Ellagic acid is a phenolic compound known as a potent anti-carcinogen, anti-viral and anti-bacterial. The ellagic acid level of black raspberries is 5.37 mg/g of dry weight.
- ◆ University studies are underway to determine black raspberries’ ability to slow the growth of certain cancers. In vitro studies have shown that extracts of raspberries and blackberries may slow the growth of breast, cervical, colon and esophageal cancers.
- ◆ Studies at Ohio State University showed a 60 –80 % reduction in colon tumors in rats fed a diet with black raspberries added.
- ◆ Studies at Ohio State University showed an 80% reduction in esophageal cancers in mice fed a 5-10% diet of black raspberries
- ◆ Scientists from Ohio State are now conducting human clinical trials into the effects of black raspberries on colon and esophageal cancer in humans.
- ◆ Black raspberries continue to generate a high level of interest from research scientists due to their potent antioxidant and anti-cancer properties.



Nutritional Information

*Nutrient Content of
Black Raspberries, amount
in 1 cup serving (126.8 g)
of unsweetened, un-
thawed frozen berries*

| | |
|----------------------|-------------------|
| Calories | 72.54 kcal |
| Protein | 1.4g |
| Total fat | 0g |
| Sodium | 1mg |
| Carbohydrate | 16.8g |
| Dietary Fiber | 7g |
| Vitamin C | 2.4mg |
| Vitamin A | 38IU |

*Source: USDA National
Nutrient Database for
Standard Reference,
Release 19, 2006*

For further information visit
www.oregon-berries.com
or phone 1-800-859-0355

