



# B E R R Y F A C T S

## Blackberry

Blackberries, once known only as a favorite for pies and jam, are now widely recognized as a nutritional powerhouse. Oregon is the leading U.S. producer of blackberries, growing 65% of the nation's blackberry acreage. It leads the nation in processed berry production. The Southeastern states are becoming major fresh-market producers. Fresh and frozen blackberries are now becoming available year-round.

Blackberries are native to the U.S. and often found in the wild. Many cultivated varieties are thornless – unlike wild blackberries – and offer large, flavorful berries with distinctive taste and great nutritional value. The Marionberry, known for its premium flavor, is the most widely grown blackberry cultivar.

### Health Benefits

- High in Vitamins A and C and in fiber, all of which have been shown to help reduce the risks of certain cancers and lower the risk of heart disease and diabetes. One cup of blackberries contains more fiber than the average bowl serving of leading bran cereals.
- Contain high levels of anthocyanins (120-160 mg/ 100g). Anthocyanins work as antioxidants to help fight free radical damage in the body, and give blackberries their deep, dark color.
- Have high ORAC levels (Oxygen Radical Absorption Capacity). The ORAC value of blackberries is 28 umoles/TE/g.
- Contain ellagic acid, a phenolic compound known as a potent anti-carcinogen, anti-viral and anti-bacterial. The ellagic acid level in blackberries is 5.83 mg/g.
- Boysenberries (a blackberry-raspberry hybrid) have a uniquely high ratio of free ellagic acid to total ellagitannins. This is thought to make the ellagic acid more readily available to the body.
- Recent in-vitro research at the University of Pittsburgh showed that the blackberry anthocyanidin C-3-R was extremely effective in fighting leukemia and lymphoma cells, killing half of them in an eighteen-hour period. When the dosage of C-3-R was doubled, 100% of cancer cells were killed.
- Research has confirmed that cooking blackberries does not have a detrimental effect on the amounts of ellagic acid they contain. Jams, jellies, and baked goods made with blackberries all contain high levels of ellagic acid.

### Blackberries are delicious:

- By the handful, fresh or frozen
- On cereal, pancakes or waffles
- In salads
- In ice cream... or on it
- As pie or cobbler
- In smoothies



### Nutrition Information

1 cup (144 gram) serving  
raw (frozen is similar)

Calories	62.0 kcal
Protein	2.0 g
Fat	0.7 g
Carbohydrate	13.8 g
Fiber	7.6 g
Vitamin C	30.2 mg
Vitamin A	308 IU

USDA National Nutrient  
Database for Standard  
Reference, Release 21 (2009)



[www.oregon-berries.com](http://www.oregon-berries.com)



[www.rasperryblackberry.com](http://www.rasperryblackberry.com)