



B E R R Y F A C T S

Raspberry

Raspberries are mostly grown in the cooler parts of the U.S. Washington, Oregon, and California are the leading producers of red raspberries for processing and fresh market, while growers throughout the U.S. raise raspberries for direct market to local consumers, stores, and restaurants. Black raspberries are not commonly found in stores, but are often used for processing because of their intense flavor and color.

In addition to their great taste, raspberries are a nutrition powerhouse. One serving of raspberries has only 65 calories while providing 50% of a day's requirement for vitamin C, 41% of manganese, 22% of fiber, 12% of vitamin K, 6% of folic acid, and 5% of potassium. Raspberries have just 1 gram of fat, no saturated or trans fats, no cholesterol, and no sodium.

Health Benefits

- Contains high amount of polyphenolic compounds known for their anti-cancer properties.
- Contain strong antioxidants such as Vitamin C, quercetin and gallic acid that may fight against cancer, heart and circulatory disease, and age-related mental decline.
- Have high ORAC levels – ORAC measures the antioxidant levels of a substance. Red raspberry ORAC levels are 24 $\mu\text{mole}/\text{TE}/\text{g}$ and black raspberries are 77 $\mu\text{moles}/\text{TE}/\text{g}$.
- Black raspberries have among the highest ORAC levels and anthocyanin and phenolic content of any food.
- Shown to inhibit the production of COX-I and COX-II enzymes. Anti-inflammatory products like ibuprofen and aspirin inhibit COX-I and COX-II, resulting in the reduction of pain associated with arthritis, gout and other inflammatory conditions.
- Consumption of whole berries has been shown in scientific studies to be more beneficial than taking the individual phytochemicals in the form of dietary supplements.
- High in ellagic acid, a known chemopreventative
- Seed oil has a natural SPF (sun protection factor) of 25 - 50
- Seed oil is creating interest in the cosmeceutical (skin care products which provide health benefits) market. Oil from raspberry seeds is rich in vitamin E, omega-3 fatty acids and has a sun protection factor (SPF) of 25-50.
- Studies at Ohio State University have shown 60-80% reduction in colon tumors in mice and esophageal cancers in mice when black raspberries are added to their diet. Human clinical studies are now being conducted.



Nutrition Information

1 cup (123 gram) serving
raw (frozen is similar)

Calories	65.0 kcal
Protein	1.47 g
Fat	0.8 g
Carbohydrate	14.7 g
Fiber	8.0 g
Vitamin C	12.2 mg
Vitamin A	40 IU

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



www.raspberryyinfo.com



www.oregon-berries.com



www.raspberryyblackberry.com



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)



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