



# 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](http://www.raspberryyinfo.com)



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



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