

♥ HEART HEALTH

Cranberry Tops Red Wine With One-Two Punch

(NAPSA)—New findings reveal that the popular berry, the cranberry, boosts good cholesterol and shields the heart with its unique antioxidant muscle.

For years, red wine and grape juice have been touted as the drinks that provide heart healthy benefits. Now scientists are discovering that cranberry juice may be equally good for the heart. Light cranberry juice cocktail packs a knockout one-two punch, with both “anti-stick” and “antioxidant” bang. This adds to the long-standing research that connects cranberry juice with helping ward off urinary tract infections.

Conducted at Canada’s Laval University, the study found that the cranberry improves circulation by increasing the level of good cholesterol and acting as a powerful antioxidant. Additionally, a recent laboratory study at the William Harvey Research Institute in England found that a serving of cranberry juice each day could be as good for the heart as red wine—without the drawback of alcohol.

“The best way to prevent chronic disease is to adopt a healthy lifestyle that includes good eating and physical activity habits,” said Dr. Charles Couillard, lead researcher of the study and member of the Institute of Nutraceuticals and Functional Foods of Laval University.

“Now, drinking a daily glass of cranberry juice, as part of a healthy lifestyle is an even better nutritional habit because it provides several health benefits.”

According to the American Heart Association (AHA), cardiovascular disease is the number one killer of women and men, and is the cause of death in one



According to a recent study, cranberries can help boost good cholesterol levels.

in every 2.6 people. The AHA recommends a healthy diet and regular exercise to help combat heart attacks, and recommends against more than one serving of alcohol per day. A daily glass of light cranberry juice cocktail promotes healthy blood flow and protects the heart—with fewer calories than red wine—and is a delicious option the whole family can enjoy.

Cranberries bolster the body’s defenses against free radical damage. A single daily glass of Ocean Spray® Light Cranberry Juice Cocktail promotes heart and urinary tract health, provides the recommended daily amount of vitamin C and has more antioxidants per gram than most other fruit. It is a fat free, low sodium beverage that contains just one-third the calories and carbohydrates of other juices and has no artificial preservatives, flavorings or colorings.

For more information and recipes using Ocean Spray Light products, visit www.oceanspray.com.