

# NUTRITION

## NEWS

### The Next Big Fruit

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(NAPSA)—The good news about the health benefits of consuming antioxidant-rich fruit has encouraged people to try new varieties. If 2006 was the year people discovered the pomegranate, 2007 may be the year of the black currant.

Black currant ranks among the top on the ORAC scale—a measurement of antioxidant levels in



**The black currant has three times the vitamin C of oranges and plenty of potassium.**

food. The fruit has been popular in Europe for ages not only for its antioxidant properties but because of its high levels of potassium, iron and vitamins C, B6 and E. It has three times the vitamin C of oranges.

The most readily available black currant juice I found is produced by Old Orchard Brands. There are a number of 100 percent black currant juices and blends at [www.oldorchard.com](http://www.oldorchard.com).

Whatever fruit you choose, be sure to include two to four servings a day in your meal plan.