

Healthy Eating With Fresh Cranberries

By Teagan King

Cranberries are one of the tarest fruits around due to the high concentration of citric acid in them. Considering citric acid is the same thing as vitamin C, that makes the cranberry a healthy to eat fruit.

But vitamin C isn't the only thing the lovely red cranberry has going for it. Other health benefits of cranberries include having several phytonutrients, plus the fact cranberries are also rich in fiber, vitamin K and manganese.

Not to mention, if you're looking for a juice high in antioxidants, cranberry ranks among the best juices to drink.



More Health Benefits of Cranberries

Cranberry juice really does help urinary tract infections. It's not just an old wives tale. In fact, studies are also showing cranberries have antibacterial properties and are potentially potent antibacterial agents.

Cranberry nutrients are even good for your digestive health. Cranberry juice inhibits H. pylori, a bacteria associated with peptic ulcers, stomach cancer, and gastritis.

Try Some Fresh Cranberries!

During November and through the winter months, fresh cranberries are usually easily found in grocery

stores.

Fresh cranberries can be stored for weeks in the refrigerator. If placed in the freezer, they keep well for a very long time, and can be used in most recipes calling for fresh cranberries. (They may need to be thawed first, depending on the recipe.)

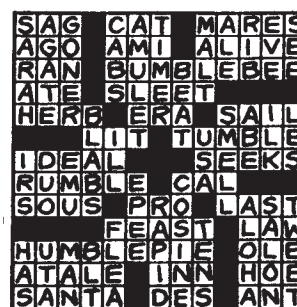
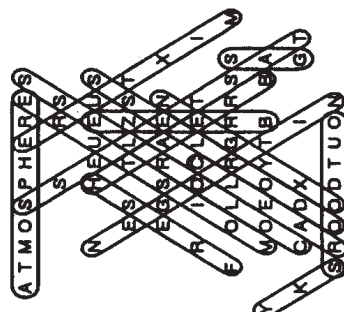
The only preparation needed before using cranberries is to wash them off. Throw out any berries that have dried out or are off-color. Make sure there are no stems left on the berries, and that's it. Your fresh cranberries are ready for use.

Of course, cranberry sauce is a good way to use fresh cranberries, but they also work well in baked goods, puddings, and many other foods. There are many recipes online and most print cookbooks also have recipes that include cranberries.

However you choose to eat fresh cranberries, they're a great and tasty addition to a healthy diet.

About the Author: Try this recipe for a healthy Fresh Cranberry Relish <http://www.healthfoodmadeeasy.com/fresh-cranberry-relish-recipe/> made with cranberries, apples and oranges. Or you might want to try the Cranberry Mayonnaise on Banana Salad recipe found at Health Food Made Easy <http://www.healthfoodmadeeasy.com/>. These recipes and information on how to make easy changes to make your diet healthier can be found there.

BRAIN GAMES ANSWERS



DIFFERENCES

1. Fence is missing,
2. Tree is added,
3. Sideview mirror is removed,
4. Lunch box logo is removed
5. Mailbox is taller,
6. Windowpanes are different