

# Farm to Health Series

## MAXIMIZE YOUR NUTRIENTS FROM:

## CHERRIES



Recipe  
on Back!

One-half cup of tart cherries provides:

- 20% daily value (DV) of vitamin A.
- 13% DV of vitamin C.

They also contain dietary fiber, along with phytonutrients such as anthocyanins, phenolic acids, and carotenoids.

### HOW THEY IMPROVE HEALTH

- Help reduce inflammation and risk of cardiovascular disease.
- Phytonutrients in cherries act as antioxidants to help reduce free radicals in the body, possibly reducing the risk of some cancers and Alzheimer's disease.

### NUTRIENT AND PHYTONUTRIENT CHANGES

- Total phenolics and vitamin C will increase until the cherry is ripe, so it is best to consume at peak ripeness. The anthocyanins will continue to increase with refrigerated storage.
- When cooking cherries, more nutrients and phytonutrients can be retained if the liquid is not drained.
- To preserve more nutrients and phytonutrients, a shorter freezing time is ideal. Vitamins A and C plus anthocyanins and carotenoids will decline with longer freezer storage.
- Dried cherries do not lose carotenoids if consumed shortly after drying but experience losses for most other nutrients and phytonutrients.
- Cherry juice is a good option to preserve anthocyanins and carotenoids but vitamins and fiber are lost in the process.

For more information or how to maximize nutrients in other fruits and vegetables, see <http://localfoods.osu.edu/maximizenutrients>.



# Recipe: Cherry Smoothies

*(Recipes developed by Robin Ralston and Morgan Orr, The Ohio State University)*

These recipes use canned, undrained cherries to maximize intake of phenolic compounds. Tart cherries have higher vitamin C, vitamin A, carotenoids and phenolics compared to sweet cherries. Each smoothie contains approximately one serving of fruit.

## Cherry-Tofu Smoothie

### Ingredients:

- 14.5 ounces canned pitted red tart cherries in water, chilled in the refrigerator, undrained (1 can)
- 1 small, frozen banana
- ½ block of tofu (about 7-8 ounces)
- 1 cup low fat milk or dairy-free milk
- 1 Tbsp honey

### Directions:

- Place all ingredients in a blender and blend until smooth. More or less milk can be added to achieve desired consistency.

**Makes 3 servings**

**Per serving:** 216 calories, 6g total fat (1.3 g saturated fat), 33g carbohydrate, 13g protein, 3.7g dietary fiber (9% DV), 54mg sodium, 6mg vitamin C (10% DV), 1374 IU vitamin A (27% DV)

## Cherry-Berry Smoothie

### Ingredients:

- ¾ cup canned pitted red tart cherries in water, chilled in the refrigerator, undrained
- ½ cup low fat milk or dairy-free milk
- ½ cup frozen mixed berries
- 8 oz low fat cherry Greek yogurt
- 1 small banana

### Directions:

- Place all ingredients in a blender and blend until smooth. More or less milk can be added to achieve desired consistency.

**Makes 3 servings**

**Per serving:** 164 calories, 2g total fat (1g saturated fat), 33g carbohydrate, 6g protein, 2.8g fiber (11% DV), 72mg sodium, 6mg vitamin C (10% DV), 635 IU vitamin A (13% DV)



*Cherry-Berry Smoothie*

## OTHER FOOD SOURCES OF KEY NUTRIENTS AND PHYTOCHEMICALS:

Anthocyanins

Berries

Red Cabbage

Vitamin A

Carrots

Dark leafy greens

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