

Discover the health secrets of the
CRANBERRY
A delicious wonderberry with huge health benefits!



HEALTH



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The Wonderberry



Here at Ocean Spray we love cranberries. Cranberries not only taste good but are good for you – helping to cleanse and purify the body.

We are all aware of cranberry's role in promoting urinary tract health, but did you know emerging research suggests that cranberries may also support heart, oral and stomach health? Isn't it amazing that such a little berry can have such big health benefits? With such promising research, it is exciting to consider the cranberry's importance as a potential tool to help fight bacteria naturally.

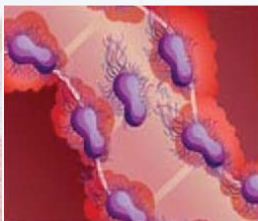
What are PACs?

Cranberries contain powerful nutrients called proanthocyanidins, referred to as PACs, which research suggests help keep certain bacteria from sticking inside the body. The PACs in cranberries are different from other fruits, which gives them more “anti-stick” power.

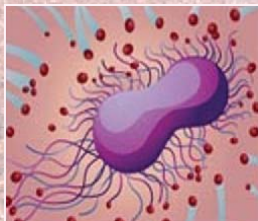
Along with PACs, cranberries also contain powerful antioxidants known as polyphenols. These antioxidants help bolster the body’s defenses against free radical damage to support optimal health, especially during aging. In fact, cranberries have more naturally-occurring antioxidants per gram than other common fruit.

HOW DO CRANBERRY PACS WORK?

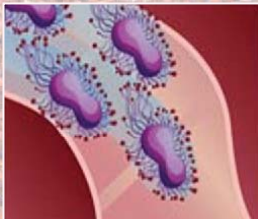
Bacteria needs to attach to your insides in order to cause an infection and make you sick.



Compounds in cranberry called proanthocyanidins (PACs) or condensed tannins attach themselves to the bacteria, thereby preventing bacteria from sticking to your insides.



This allows the bad bacteria to be easily and harmlessly flushed out of your system.



The Cranberry Phenomenon for Total Body Health

URINARY TRACT HEALTH

Research shows drinking Cranberry Juice Cocktail daily can promote urinary tract health, providing protection against certain harmful bacteria that cause Urinary Tract Infections (UTIs).

HEART HEALTH/DISEASE FIGHTING HEALTH

According to the Centers for Disease Control, diets high in fruits and vegetables, which are rich in fiber and natural antioxidants, are helpful in reducing the risk of chronic diseases, including heart disease. Emerging research suggests that cranberries may offer a natural defense against the development of cardiovascular disease. Cranberries contain a greater concentration of antioxidants than most common fruit that work together to offer even greater benefits including reducing the harmful effects of heart disease risk factors such as oxidized LDL cholesterol, high blood pressure and the development of blood clots.



TEETH AND GUM HEALTH

Studies suggest that cranberries may keep certain oral bacteria from attaching to teeth and gum surfaces. Fewer bacteria could potentially help keep gums healthy and slow the development of plaque and cavities.

STOMACH HEALTH

Many people think stomach ulcers are only caused by spicy foods or stress, but certain bacteria can cause these ulcers. Emerging research suggests that the PACs in cranberry juice may keep your stomach healthy by helping prevent *H. pylori*, a harmful bacteria linked to stomach ulcers, from sticking to your stomach wall.

Tastes Good, Good For You

OCEAN SPRAY® CRANBERRY JUICE COCKTAIL

Crisp, clean, uniquely refreshing. That's the taste of Ocean Spray® Cranberry Juice Cocktail. Made from real cranberries, each glass contains natural compounds that help cleanse and purify the body, as well as 100% Vitamin C to strength your immune system. And a growing body of research suggests that Ocean Spray® Cranberry Juice Cocktail provides health benefits in the areas of urinary tract, gastrointestinal, and heart health. All Ocean Spray products contain no high fructose corn syrup or artificial flavors.



OCEAN SPRAY® CRANBERRY JUICE COCKTAIL WITH CALCIUM

Ocean Spray® Cranberry Juice Cocktail with Calcium offers a wave of refreshing goodness in every glass. Not only does it taste as great as our regular Cranberry Juice Cocktail, it also has the added benefit of calcium to help keep your bones healthy. And to help you get even more of what your body needs Ocean Spray® Cranberry Juice Cocktail with Calcium contains 100% Vitamin C and other antioxidants.



OCEAN SPRAY® LIGHT JUICE DRINKS

You want to reduce calories and cut down on sugar, but you don't want to sacrifice taste. Well, you don't have to. Ocean Spray® Light Juice Drinks have the great taste you expect, but with 2/3 fewer calories and sugar than traditional juice drinks thanks to SLENDA® Brand Sweetener. Light Juice Drinks contain no artificial preservatives, flavorings, or colorings; just all the goodness and refreshment you expect from Ocean Spray.



OCEAN SPRAY® 100% JUICE

Ocean Spray® 100% Juices are just that one-hundred percent juice. We start with the best cranberries in the world, and then blend them with other delicious fruits like juicy grapes, luscious raspberries, sweet blueberries and sun-ripened pomegranates; all with no added sugar, artificial preservatives or flavors. Our 100% blends are so wholesome, just one cup equals two servings of fruit and contains 100% Vitamin C. Here's to your health.



A Variety of Ways to Get Cranberry's Health Benefits

QUICK TIPS TO ADD CRANBERRY TO ANY DIET

INCLUDE CRANBERRY TWICE A DAY, EVERYDAY, AS A PART OF A HEALTHY DIET.

BREAKFAST

- Toss sweetened dried cranberries into yogurt, hot or cold cereal to add a healthy twist to everyday breakfast foods
- Whip up a breakfast smoothie with cranberry juice cocktail, vanilla yogurt and strawberries for a healthy way to jumpstart the day
- Use fresh cranberries to bake warm, delicious muffins

LUNCH

- Add a little zip to your regular salad with sweet, tangy sweetened dried cranberries
- Use a healthy and flavorful sandwich spread like cranberry sauce on a turkey or ham sandwich
- Grab a multi-pack of cranberry juice cocktail for a healthy, on-the-go beverage
- Use sweetened dried cranberries instead of jelly in a traditional peanut butter & jelly sandwich



DINNER

- Create a spicy cranberry chutney to serve over grilled salmon, chicken or pork
- Add a splash of club soda to low-calorie cranberry juice cocktail for a bubbly pre-dinner mocktail
- Add sweetened dried cranberries to a rice, barley or risotto dish

SNACK

- Enjoy a handful of sweetened dried cranberries
- Drink a glass of low-calorie cranberry juice cocktail for an energy boost during the day
- Snack on 1/4 cup sweetened dried cranberries or an 8 oz. glass of low-calorie cranberry juice cocktail to get a serving of fruit

FOR MORE TIPS AND RECIPES, GO TO WWW.OCEANSPRAY.COM

Cranberry-Pomegranate Blueberry Shake

INGREDIENTS:

- 3/4 cup Ocean Spray® Cranberry Pomegranate 100% Juice, well-chilled
- 1/4 cup frozen blueberries
- 1 cup vanilla frozen yogurt

DIRECTIONS:

Place Ocean Spray® Cranberry Pomegranate Juice and blueberries in blender container. Blend 10 to 15 seconds, until blueberries are finely chopped.

Add frozen yogurt in 3 or 4 small scoops. Pulse 4 or 5 times, until blended but a few white streaks remain. Pour into tall glass and serve with tall spoon and straw. If desired, top with a small dollop of frozen yogurt.

Makes: 1 serving



Wild Harvest Cranberry Salad

INGREDIENTS:

- 1 package Fresh Express Sweet Tender Greens™
- 2 - 100 Calorie Packs of Ocean Spray Craisins® Sweetened Dried Cranberries
- 1/4 cup pecan pieces
- 1 medium tart apple like a Granny Smith or Pippin
- 1/2 cup long grain wild rice (cooked according to package directions)
- 4 oz. low fat plain yogurt
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- 2 tablespoons rice vinegar
- 2 tablespoons orange juice
- zest of one orange (optional)
- salt and pepper



DIRECTIONS:

In a small mixing bowl combine yogurt, honey, Dijon mustard, vinegar, orange juice and zest, mix well with a wire whisk and adjust seasoning with salt and pepper to taste. Toast pecans while assembling dressing by setting oven at 350 and placing pecan pieces on a baking sheet, toast till golden brown approximately six minutes. In a large mixing bowl place the Fresh Express Sweet Tender Greens, Ocean Spray® Orange flavored Craisins® and toasted, cooled pecans. With a sharp knife cut the Apple into quarters and remove the core. Slice each quarter into thin slices and sprinkle over your salad. Add your Wild Rice drizzle with your desired amount of dressing and gently toss the ingredients to coat evenly. Transform this delicious salad into a hearty entrée by adding poached chicken breast.
Serves 2 as a meal or 4 as a side salad.

Pan Seared Chicken Breasts With Cranberry Cherry Sauce And Blue Cheese Crumbles

INGREDIENTS:

4 slices hickory smoked bacon, sliced across in 1/2" pieces
1 small yellow onion, cut into thin rings and sliced into quarters

6 ounces sliced button mushrooms

1 large clove garlic, minced

1/2 teaspoon fresh thyme

1/4 teaspoon red pepper flakes

12 ounces red wine, divided

1 cup Ocean Spray® Craisins® Cherry Flavor Sweetened Dried Cranberries

1/2 teaspoon salt

6 medium sized organic boneless and skinless chicken breasts

2 tablespoons Montreal Steak seasoning

1 teaspoon garlic powder

3 tablespoons oil

1/2 cup cherry preserves

2 tablespoons bleu cheese crumbles

1 tablespoon fresh parsley, coarsely chopped

DIRECTIONS:

In a medium size frying pan over medium high heat, saute the bacon until it starts to brown and the fat starts to render. Add the onion and mushrooms. Cook until the onions are brown around the edges and the mushrooms are slightly wilted, approximately 3 - 5 minutes. Add the garlic, thyme and red pepper flakes and cook for 1 minute before adding 1/2 cup of the wine and the salt. Cover, reduce heat and simmer, stirring frequently until ready to use.



Place the remaining cup of wine into a small bowl with the craisins. Cover and allow to soak until ready to use.

Lay chicken breasts in a single layer on a clean surface. In a small cup combine the steak seasoning and garlic. Sprinkle half of the mixture over the breasts, gently pressing spices into the meat, before turning over and sprinkling the remainder on the other side.

Place a large frying pan over medium heat. Add oil and heat. When oil is hot add chicken breasts. Cook for approximately 5-7 minutes on each side, being careful not to burn (chicken breasts and spices should be a rich brown and juices should run clear when done). Remove pan from the heat and transfer breasts to a plate. Cover tightly with foil and allow to rest for 5 minutes.

While breasts are resting, return frying pan to the heat. Stir pan with a spoon to loosen any bits that are still in the pan. Pour in the wine and the soaked Craisins®. Allow the mixture to heat up to a boil, stirring frequently, allow it to reduce by about 1/3 its original volume. Whisk in the cherry preserves, reduce heat to low.

Place equal amounts of the mushroom mixture on 6 warm plates. Top with a chicken breast and then a generous amount of the cranberry cherry sauce poured over the top. Sprinkle with the bleu cheese crumbles and parsley. Serve immediately.

6 Servings

For More Information

**VISIT WWW.OCEANSPRAY.COM
OR CALL 1-800-662-3263**



*Tastes Good,
Good For You*

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