

sweet cherries



A Naturally Nutritious Choice

CHERRIES ARE A DELICIOUS FRUIT THAT CAN BE PART OF A BALANCED DIET PROVIDING:

- Fiber, which helps support digestive health
- Vitamin C and potassium, which contribute to overall wellness
- Phytonutrients, including polyphenols, that are being researched for their potential benefits

CHERRIES & THEIR ROLE IN HEALTH

- ✓ **A Source of Antioxidants & Nutrients:** Sweet cherries provide anthocyanins and other phytonutrients, which are being studied for their potential role in supporting overall health.
- ✓ **Part of a Heart-Healthy Diet:** Fiber, potassium, and polyphenols in cherries may support heart health as part of a balanced diet.
- ✓ **A Naturally Sweet, Low Glycemic Option:** Cherries' natural sugars, balanced with fiber, provide steady energy and support blood sugar management.
- ✓ **Cherries as a Source of Fiber:** One cup of sweet cherries provides 3g of fiber (12% of the Daily Value), supporting digestion and regularity.
- ✓ **Phytonutrients & Brain Health:** Some studies suggests that phytonutrients in cherries, like flavonoids, may support cognitive function as part of a brain-healthy diet.
- ✓ **Hydration & Sleep Support:** Cherries contain water and natural plant compounds, contributing to hydration as part of a balanced diet. Melatonin and serotonin, found naturally in cherries, are being studied for their potential role in sleep regulation.

For more information on cherry nutrition and research, visit NWCHERRIES.COM

ENJOY CHERRIES IN A VARIETY OF WAYS



Fresh as a
Snack



Added to
Smoothies
or Yogurt



Incorporated
into Salads
or Grain Bowls



Frozen for
Use in Desserts
or Baking