



Taken from: www.nutrition-and-you.com/raspberry.html

Wonderfully delicious, bright-red raspberry is among the most popular berries to relish! They are rich sources of health promoting plant-derived chemicals, minerals, and vitamins that are essential for optimum health.

Raspberry has conical shape, weighs about 2-4 g and contains 80-100 drupelets arranged in concentric whorls. While the most common type of raspberry (*Rubus idaeus*) is red-pink in color, hybrids actually come in a range of colors including black, purple, orange, yellow and white.

Health Benefits

- Delicious raspberries are low in calories and fats. Nonetheless, they are rich source of dietary fiber, and antioxidants. 100 g berries hold just 52 calories but provide 6.5 g of fiber (16% of daily recommended intake).
- Raspberries have significantly high levels of phenolic flavonoid phytochemicals such as *anthocyanins*, *ellagic acid (tannin)*, *quercetin*, *gallic acid*, *cyanidins*, *pelargonidins*, *catechins*, *kaempferol* and *salicylic acid*. Scientific studies show that the antioxidant compounds in these berries play potential role against cancer, aging, inflammation, and neuro-degenerative diseases.
- Xylitol is a low-calorie sugar substitute extracted from raspberries. A teaspoonful of xylitol carries just 9.6 calories as compared to 15 calories of sugar. Xylitol absorbed into the blood more slowly in the intestines than simple sugar and does not contribute to high glycemic index. It thus, can be helpful in diabetics to regulate wide fluctuations of blood sugar levels.



Healthy Foods

Health Benefits: Raspberries

- Fresh raspberries are an excellent sources of vitamin-C, which is also a powerful natural antioxidant. 100 g berries provide 26.2 mg or about 47% of DRI of vitamin C. Consumption of fruits rich in vitamin C helps the human body develop resistance against infectious agents, counter inflammation, and scavenge harmful free radicals.
- Raspberry contains anti-oxidant vitamins like vitamin A, and vitamin E. In addition to the above-mentioned antioxidants, it is also rich in several other health promoting flavonoid poly phenolic antioxidants such as *lutein*, *zea-xanthin*, and *β-carotene*, albeit in small amounts. Altogether, these compounds help act as protective scavengers against oxygen-derived free radicals and reactive oxygen species (ROS) that play a role in aging and various disease processes.
- Raspberry has an ORAC value (oxygen radical absorbance capacity) of about 4900 μmol TE per 100 grams, crediting it among the top-ranked ORAC fruits.
- They contain a good amount of minerals like potassium, manganese, copper, iron and magnesium. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure. Manganese is utilized by the body as a co-factor for the antioxidant enzyme, *superoxide dismutase*. Copper is required in the production of red blood cells.
- They are rich in B-complex group of vitamins and vitamin K. The berries contain very good amounts of vitamin B-6, niacin, riboflavin, and folic acid. These vitamins are function as co-factors and help body in the metabolism of carbohydrates, protein, and fats.