



# Cherries

## Why cherries are a smart choice

Looking for a snack that won't send your health goals off-track? Go for a handful of cherries. This yummy fruit can be tart or sweet and it's full of nutrients that support a healthy diet. Cherries pack antioxidants known as anthocyanins and cyaniding which may have anti-inflammatory properties.<sup>1</sup> Foods that reduce inflammation can help soothe conditions like arthritis and gout.<sup>2</sup> The antioxidants found in cherries may also help fight cancer, heart disease and protect your cells from oxidants and free radicals.<sup>2</sup>



Sweet cherries have a low glycemic index, which means eating them in small portions won't cause spikes in your sugar levels.<sup>3</sup> So they can be a good alternative for anyone dealing with diabetes.<sup>3</sup> Go ahead and have cherries regularly as a snack or include them as a topping in your oatmeal. Enjoy!



## Smart eats for better health

### Tart cherry-apple crunch<sup>4</sup>

#### Ingredients

1 pound frozen pitted tart cherries  
1 green apple, cored and diced  
¼ cup light brown sugar, packed  
½ teaspoon almond extract  
1½ tablespoons cornstarch or arrowroot powder  
½ cup unsweetened cherry or apple juice  
Nonstick cooking spray  
¼ cup old-fashioned rolled oats  
¼ cup brown sugar  
¼ cup walnuts, chopped  
2 tablespoons whole-wheat pastry flour  
3 tablespoons grape seed oil

#### Directions

1. Preheat oven to 400°F.
2. In a bowl, toss together cherries, apple, brown sugar and almond extract.
3. In a cup, mix the cornstarch and juice and add to the fruit mixture, stirring well.
4. Pour the mixture into an 8-inch-square baking dish sprayed with nonstick cooking spray.
5. Mix together the remaining ingredients. Crumble the mixture on top of the fruit.
6. Bake for 30 minutes. Raise heat to broil and brown topping lightly for 1-2 minutes. Remove from oven. Serve warm or cold.

### A recipe for better health

**Nutritional information** — per serving; serving size 1 square; makes 6 servings  
Calories 223.5; Total fat 8.7 g; Carbohydrates 36.8 g; Fiber 2.3 g; Protein: 1.9 g

#### Sources

- 1 BBC Good Food website: The health benefits of cherries (accessed October 2017): [bbcgoodfood.com](http://bbcgoodfood.com)
- 2 Live Strong website: Benefits of Eating Cherries (accessed October 2017): [livestrong.com](http://livestrong.com)
- 3 Care2 website: 11 Health Benefits of Cherries (accessed October 2017): [care2.com](http://care2.com)
- 4 Dr. Weil website: Tart cherry-apple crunch (accessed October 2017): [drweil.com](http://drweil.com)