Benefits of Cranberries

Cranberries are not only a popular fruit to have during the holidays, but are loaded with vitamins and nutrients. Here are some of the different health benefits of eating more cranberries.

**They Have a High Amount of Antioxidants**

As you will soon discover, cranberries have an extremely high level of antioxidants. Antioxidants help to fight illnesses, infections, and diseases. By having cranberries regularly, you avoid a lot of serious diseases. While many fruits and vegetables also contain antioxidants, cranberries have more than many of them, including broccoli, other berries, apples, red grapes, cherries, and spinach. It also contains other nutrients like fiber and vitamin C, so having cranberry juice each day is a good way to get healthier.

**Cranberries Are Good For UTIs**

One of the diseases that cranberries are the best for is the UTI. Urinary tract infections (UTIs) are common and can be very painful. This occurs from bacteria entering the urinary tract walls. Just by having more cranberries in your diet, you can help to prevent a UTI. Drinking cranberry juice is often recommended during treatment of a UTI along with medication to get rid of the infection. If you are prone to this type of infection, you should have cranberries on more of a regular basis.

**You Can Reduce Your Risk For Cancer**

Thanks to the nutrients in cranberries, particularly the antioxidants, cranberries can also help to reduce your risk for certain types of cancer. While you should also follow your doctor’s orders for avoiding cancer, such as exercising and eating a healthy diet, along with not smoking and not drinking alcohol as much, cranberries are good to add to your diet. They have been shown to help with colon cancer, breast cancer, prostate and ovarian cancer, and liver cancer.

**It is Easy to Add Them to Your Diet**

Cranberries are very easy to add to your diet, providing yet another benefit of them. You can have cranberry juice or get into juicing on your own and add some cranberries. They are delicious in smoothies and can top your cereal either fresh or dried. There are many excellent recipes that use cranberries, including cranberry sauce, as a side dish for pork or chicken, and put into muffins and scones. You can also eat a handful of dried cranberries as a quick and healthy snack, add them to your oatmeal or yogurt, or make your own granola mix or trail mix with dried cranberries.