

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](https://www.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