

Cranberry Wisdom

These little red berries pack a lot of punch when it comes to improving and maintaining our health. Cranberries are a great source of vitamin C, fibre, and Vitamin E.

Cranberries have been proven to:

- Protect against urinary infection
- Protect against scurvy
- Improve cardiovascular health by decreasing LDL levels ("bad" cholesterol) and increasing HDL levels ("good" cholesterol)
- Enhance digestive health as a natural probiotic
- Assist with the prevention of cell damage as an antioxidant



Incorporate Cranberries into your diet today! Try adding them to:

- A Homemade Trail Mix
- A Salad
- Smoothies

...or even just alone as a quick snack!