



HEALTH NOTES



amen
Adventist Medical
Evangelism Network

AMEN's mission is to motivate, train, and equip Seventh-day Adventist healthcare professionals to team with pastors and members, uniting the church to restore Christ's ministry of healing to the world, hastening His return.
To learn more about AMEN and get involved go to: amensda.org.

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Health Benefits of Berries

Berries are among the most potent health-promoting foods available. Berries are delicious. Each variety has a distinctive flavor. What makes berries so powerful is that they are packed with a variety of bioactive chemical compounds.

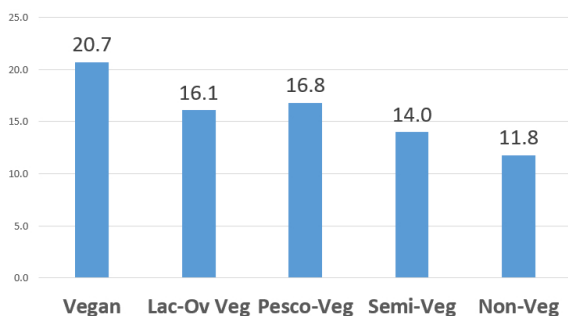
Berries are sweet due to their sugar content but are low in calories. Berries have essentially no fat but are high in dietary fiber. The most important chemicals in berries are the hundreds of different phytochemicals, mainly the large group of polyphenols.

The deep red, blue, purple, and black colors of berries come from a large family of colorful chemicals known as Anthocyanins. These compounds help prevent cancers. Another important compound is Ellagic acid and its cousins. Yet another group of healthful chemicals are the Flavonols that include a family of Kaempferols and another family of Quercetins.

There are literally hundreds of different chemicals in each variety of berry. There is no dietary supplement that can catch the rich, interconnected, symphony of chemical compounds working in concert with each other that is found in fruit. You must eat the fruit to get the benefits.

BERRIES

Daily Average Eating of Food Groups in Grams/day



One powerful benefit that comes with eating berries is a reduced risk of heart attack. This was demonstrated in The Nurses' Health Study II which included 93,600 women, ages 25-42, whose dietary information was determined every 4 years over an 18-year period.

Women who ate berries three times a week or more had a 33% reduction in heart attacks compared with women who never or rarely ate berries.¹



In the Adventist Health Study the Vegan Adventists ate nearly twice as many berries as the Non-Vegetarian Adventists²

¹ A Cassidy, et.al., High Anthocyanin Intake Is Associated With a Reduced Risk of Myocardial Infarction in Young and Middle-Aged Women, *Circulation* 2013; 127:188-196.

² M. J. Orlich, et.al. Patterns of Food Consumption Among Vegetarians and Non-Vegetarians, *British Journal of Nutrition*, November 2014 112(10) 1644-1653

The graph was created by the author based on data found in reference 2.

