

## Beneficial Bites



### Cranberries



#### Health Benefits:

- ✓ Prevents urinary tract infections
- ✓ Prevents kidney stone formation
- ✓ Increases HDL (good cholesterol)
- ✓ Protects against macular degeneration

#### Interesting Facts:

- ✓ Cranberries were first named “crane berries” because the plant’s flowers dip down and resemble the head of a crane
- ✓ Another name for cranberries is "bounce berries" because they bounce when ripe.
- ✓ Wisconsin is the nation's #1 cranberry producer and produces up to 390 pounds a year
- ✓ Only 5% of cranberries are sold fresh; 95% are turned into cranberry juice, sauce, and other cranberry products



Legend has it that the Pilgrims may have served cranberries at the first Thanksgiving in 1621 in Plymouth, Massachusetts

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Check out the November menu  
for these “Cranberry” foods



Featured Recipes:

- Craisin Broccoli Salad
- Cranberry Juice
- Cranberry Apple Pie
- Cranberry Relish Supreme
- Cranberry Chicken
- Cranberry Pecan Stuffing



Written and Created by Laurelyn Harper  
UW-Stout Dietetic Intern, 11/2009

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