

A Study on Cranberry Fruit that can Bring Health Benefits to a Meal Plan

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Abstract- Cranberries are increasingly getting accepted as a part of daily diet for their health benefits. The acids in cranberries acts as an exfoliate and vitamins like A and C help boost collagen production. Cranberries also fight free radicals that may cause wrinkles and keeps skin moisturised. Indian recipes and food items are increasingly becoming popular among Indians. Palate like U.S. cranberry laced kheer or chicken tikka pizza both occupy this trend. The palate profile of Indian chutneys, pickles is very much similar from that of U.S. cranberry.

Some of the Indians foods where cranberries are used are cranberry daal, cranberry thokku, cranberry chutney cranberry rice cranberry pickles etc. The study revealed that the cranberries preferred as important ingredients in Indian cuisine which is helpful in prevention of urinary tract infections preventions, and prevention of certain types of cancer, improves immune function and decreased blood pressure

Keywords- Urinary Tract Infections, Anti Bacterial Cancer, Functional Foods, Cranberries, Health, Nutrients

I. INTRODUCTION

In many U.S. meal plan, Cranberries fall into a category of foods that are called special occasion foods. Infact 20% of all cranberries are consumed on the thanks thanksgiving festival alone .In India one famous variety named blueberry is edible which is called feera in hindi.

Dried cranberries are made by partially dehydrating fresh cranberries, which are similar to making grapes into raisins. They are popular in salads, breads and with cereals. The most commercially produced dried cranberries contain added sugar and they are coated with vegetable oil to keep them away from sticking. The juice of cranberry has many amazing health benefits including the prevention of age related oxidative damage, reduction in heart and other chronic diseases and prevention of Urinary tract Infections. It also helps in to improve indigestion. The fruit juice is also beneficial in preventing stomach disorder and diabetes as well as gum caused by dental plagra. It is also very effective antibacterial and anticancer super fruit.

II. AIMS AND OBJECTIVES

This study aims to find out nutrients available in Cranberry fruit. This study further analyse the health benefits on human body and possibility culinary techniques of cranberry usage in Indian food

Nutrient and antioxidant capacity of 100 g.m. cranberry source-

USDA National Nutrient data base----

Energy	46 Kcal
Fibre	3.6 g.m.
Calcium	8 m.g.
Magnesium	6 m.g.
Phosphorous	11 m.G.
Potassium	30 m.g.
Sodium	2 m.g.
Vitamin C	14 m.g.
Vitamin A	63 I O
Carotene,beta	36 c g.

USES OF CRANBERRY IN INDIAN FOOD HABITS

Cranberries can be used in making pastries, It is also used as glazes on meats in cranberry rubbed turkey, venison with cranberry chutney and wild boar in cranberry –wine sauce. The cranberries have sweet and slightly tart and are used in both sweet and savoured dishes.

Few cranberry based cocktails are very popular like-

Cranberry Vodka punch
Cranberry hot toddy
Cranberry Margarita

Some of the cranberry appetizers appreciated and liked in party are-

Cranberry meatballs
Cranberry and pecan cheese ball
Cranberry pecan Crostini

White cheddar and cranberry dip

Some of the favourite seasonal dinner dishes where Cranberry is used are –

Ham Cheddar cranberry melt
Cranberry pecan Chicken Salad
Cranberry, Bacon Gorgonzola pizza
Cranberry turkey Sandwich

EFFECT OF CRANBERRY ON KIDNEY AND HEALTH

Cranberry juice can help to urinary tract infections, but is also very high in oxalate, which can cause kidney stones. And diets low in Calcium can cause kidney stones in some people. Researchers believe that some of the chemicals in Cranberry keep bacteria from sticking to the cells that line the urinary tract where they can multiply. Cranberry however does not seem to have the ability to release bacteria which are already stuck to these cells. Cranberry, as well as many other fruits and vegetables, contains significant amounts of salicylic acid, which is an important ingredients in aspirin. Drinking cranberry juice regularly increases the amount of salicylic acid in the body salicylic acid can reduce swelling, prevent blood clots and can have antitumor effects in the body.

NEW HEALTH CONCEPTS IN USES OF CRANBERRY

Functional foods can be considered to be those whole fortified, enriched or enhanced foods that provide health benefits beyond the provision of essential nutrients (e.g. vitamins and minerals). When they are consumed at efficacious levels as part of a varied diet on regular basis. Linking the consumption of cranberry with health claims is based on sound scientific evidence. However it may be emphasized that cranberry foods are not magic bullets or panaceas for poor kidney functioning. Diet is the only one aspect of a comprehensive approach to good health.

FUTURE OF CRANBERRY BASED FOOD IN INDIA

Indo Canadian peter povitar Dhillon the Ocean spray Chairman who recently visited India as part of seven-member delegation, said “we went India to explore opportunities of doing business there.”

During the 72 hour trip, Dhillon and his team met food processing minister Harsimrat Kaur, the CEO of Invest India, the Chairman of Tata Global Beverages and many senior government and business leaders.

According to Dhillon, considering that young people and pregnant women in India report higher incidents of urinary tract infections, cranberry products can be the best natural remedy to prevent bladder problems.

“Indians growing middle class is very affluent and they are becoming very health conscious and understanding about the unique benefits of cranberry.”

Citing the WHO report about growing resistance of the human body to antibiotics, Dhillon said: “But cranberry is the nature's way to give you natural antibiotics and prevent infection.

Dhillon who also is the biggest cranberry farmer in India Said he has personal reasons to see ocean spray enter India as early as possible.

III. CONCLUSION

Unlike medicines or treatment, cranberries can be consumed regularly. Many numbers of studies have been carried and reviews are published on the health benefits of cranberry. A serving of fresh cranberries infused with Indian cuisine will supplement Vitamin c and fibre, It will provide antioxidants polyphenols, and contains only m.g. of sodium. The use of cranberries in Indian diets prevents lots of diseases and infections. However consuming cranberry fruit is safe and it is economical too. Dried cranberries are a great snack choice as well as popular in various salads. It is used as brunch after baking in some dishes. It is also used to colour the couscous cereals as the staple food. In future focus must be to understand that uses of cranberry in Indian foods has any impact of dose and duration of consumption related to good health functioning.

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