

Pick a **better snack**™



Cranberry

Cranberries are bright red, round and smooth. Fresh cranberries taste tart. Most cranberries sold in the U.S. are not fresh, but sold dried, as juice or sauce.

Cranberries are fruits grown on low-lying vines in beds known as bogs or marshes. They're perennial plants, surviving year after year.

Cranberries originated in North America. Native Americans used cranberries for food and medicine. Early settlers named the fruit "craneberry" because the blossom resembles the neck, head and bill of a crane.

Cranberries grow in the northern states, such as Wisconsin, Massachusetts, Oregon and New Jersey. One-fifth of the cranberries harvested in the U.S. are used to celebrate Thanksgiving day.



NUTRITIONAL FACTS

- When raw, a good source of vitamin C
- High in phytochemicals
- Good source of fiber
- Sodium free
- Fat free
- Labeled as a "super fruit"
- Cholesterol free

VARIETIES

There are over 100 different varieties of cranberries. The most common variety is the American Cranberry, *Vaccinium macrocarpon Ait.*

USES

Add dried cranberries to trail mix, salads or oatmeal. Blend frozen cranberries in a smoothie. Bake with fresh cranberries in stuffing, muffins, breads and sauces, or chop for a relish.



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