

CHERRIES

RISE: ONCE KNOWN ONLY FOR ITS PIE PERSONA, TART CHERRIES HAVE EMERGED AS ONE OF THE HOTTEST SUPER FRUITS. I'M RISE JILL MILLER. THE CHERRY INDUSTRY'S RECENT RED REPORT TOOK A NEW LOOK AT THE POWER OF TART CHERRIES AND FEATURES MORE THAN FIFTY SCIENTIFIC STUDIES ON THE FRUIT. AVAILABLE YEAR-ROUND IN DRY, FROZEN AND JUICE FORMS, AND VERSATILE ENOUGH TO INCLUDE IN ANY DISH, THEY CAN HELP BOOST FRUIT INTAKE AND MEET CURRENT DIETARY RECOMMENDATIONS OF TWO DAILY FRUIT SERVINGS. EXPERTS SUGGEST THAT ONE TO TWO SERVINGS OF CHERRIES DAILY CAN HELP PROVIDE SOME OF THE HEALTH BENEFITS IDENTIFIED IN THE RESEARCH.

LEADING HEALTH EXPERT DOCTOR WENDY BAZILIAN:

WENDY: WITH JUST ONE IN FIVE ADULTS EATING ENOUGH FRUIT EACH DAY, NOW MORE THAN EVER, THERE'S GOOD REASON TO CHOOSE CHERRIES. IT'S MY GOAL AS A DOCTOR OF PUBLIC HEALTH AND DIETITIAN TO ENCOURAGE PEOPLE TO ADD A VARIETY OF FRUITS TO THEIR DIETS AND SPECIFICALLY THINK ABOUT FORM AND COLOR TO HELP GUIDE THEIR FRUIT INTAKE.

RISE: TO DOWNLOAD THE RED REPORT AND LEARN MORE ABOUT THE BENEFITS OF CHERRIES, VISIT [CHOOSECHERRIES DOT COM](http://CHOOSECHERRIES.DOT.COM).