

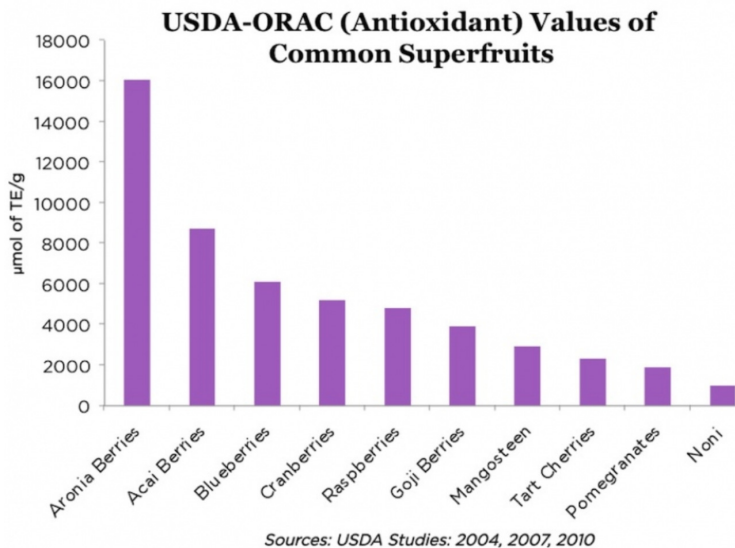


## What's the Next Big Berry for Virginia? Aronia Berries!

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Believe it or not, right under our noses is the next big berry for Virginia. Aronia berries, commonly known as choke cherries are native to Virginia. Recent clinical research and media coverage are promoting Aronia berries as having the highest anthocyanin concentration in comparison to other commercially marketed berries. Clinical studies are promising and health benefits are stacking up in favor of Aronia berries.



Including Aronia berries in your diet, may assist in the reduction of:

- ✓ Inflammation
- ✓ Chances of heart attack
- ✓ Recovery time after heart attack
- ✓ Blood pressure
- ✓ Weight gain
- ✓ Eye inflammation
- ✓ Muscle recovery after working out
- ✓ Chances of developing cancer

According to clinical research, just a handful a day is enough to gain health benefits. Most human trials administered only 3-5 berries for 3 times a day. Based on study findings, eating 3-5 berries at breakfast, lunch, and dinner keeps higher antioxidant levels in your blood stream throughout the entire day.