

STRAWBERRY
SCIENTIFIC SOUNDBITES

HEART HEALTH

Epidemiological studies have demonstrated a link between berry consumption, including strawberries, with reduced risk for heart attack[1] and stroke.[2]

Clinical trials have linked strawberries to improvements in various markers for cardiovascular disease, particularly lipid levels. In several studies, daily consumption of strawberries significantly reduced total cholesterol (TC) and low-density lipoprotein (LDL) cholesterol levels.[3,4]

Strawberries have also been linked to improved vascular function in populations ranging from adolescent males[5], post-menopausal women[6] and adult men and women.[7]



BRAIN HEALTH

In long-term population-based studies, greater intakes of anthocyanidins and total flavonoids or at least two servings of strawberries per week have been associated with slower rates of cognitive decline.[8,9]

In the Memory and Aging Project, strawberry intake was associated with a 34 percent reduced risk of Alzheimer's dementia compared to no or rare intake.[10]

In clinical trials, strawberries have been linked to improvements in memory tests, word recognition and spatial memory.[11,12]



METABOLIC HEALTH

Large-scale prospective studies have shown that women who consumed strawberries had a 10 percent lower risk of developing diabetes[13] and were less likely to gain weight.[14]

In randomized trials, strawberries attenuated postprandial changes in insulin, glucose and inflammatory markers in the few hours after a meal[15] and in people with insulin resistance.[16] The effect of strawberries was most pronounced when consumed before a meal.[17] Chronic strawberry consumption also attenuated postprandial increases in pro-inflammatory and pro-thrombotic responses.[18]

Strawberries have been shown to have beneficial effects on insulin resistance, postprandial insulin levels and inflammation in people with metabolic syndrome.[19,20]

GUT HEALTH

Several studies that were recently published or are underway are looking closely at how strawberry consumption might impact the gut microbiome and, in turn, other aspects of health. In one study, the addition of strawberries increased the number of specific intestinal bacteria associated with lean body mass, health and longevity.[21]



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California Strawberry Commission
P. O. Box 269 | Watsonville, CA 95077
p. 831.724.1301 | f. 831.724.5973
www.CaliforniaStrawberries.com

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