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Cherry Health and Cherry Nutrition

Cherries are on the short list of "super foods". The small, red berries are loaded with vitamins and antioxidants. Cherries have among the highest levels of disease-fighting antioxidants among fruits.

They also contain 19 times more beta carotene than blueberries or strawberries, and are packed with vitamin C, iron, fiber, potassium, magnesium and folate.

Cherries can be eaten right out of the bowl, in desserts, served with main dishes, and you can put them in smoothies and cereal. You can also drink cherry juice or cherry juice concentrate. Researches recommend 1- 2 servings a day for optimal health.

For more information on cherries and their many health benefits click on the link below.

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