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Cranberry juice, at just 116 calories per eight ounce serving, is one of the healthiest fruit juices you can buy. It's full of antioxidants, heart healthy flavonoids, and Vitamin C. It also has antibacterial properties making it a must have for those that suffer from UTI's.

Because cranberry juice can be tart many brands add sugar to make it more pleasant to drink. If you're trying to avoid extra calories pay attention to the label on the bottle. Look for things that say "no sugar added". Also keep your eyes open for the phrase "juice cocktail". These often have very little juice and have a lot of sugar. Many big stores dont even carry 100% cranberry juice. You may have to purchase it at a health food store.

Check out the link below for more nutritional information, recipes and to learn about the cranberry juice diet.

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