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Fruit juices are packing bigger punch

Remember when fruit was happy being itself -- and we were happy, too? Then we discovered antioxidants, and suddenly it was not enough for a berry to be naturally delicious and nutritious; it had to whack the rust out of us, too.

The blueberry catapulted to fame as the most antioxidizing fruit ever. Then more studies were done and it turned out blackberries out-antioxidized blueberries. Then pomegranates beat out blackberries. Now mangosteen, goji berries and acai -- which many had never heard of, let alone eaten -- are being hailed as the new miracle fruits. Who knows what's next?

How about this: Darkly pigmented fruit is good for you, period.

The fruit wars have had an unforeseen benefit as well. Whereas juice once meant orange, apple and, if you were wild, pineapple or cranberry, it now comes in varieties brimming with antioxidants.

Check out your favorite natural food store for Cherrish (10.5 ounces, \$2.99), made with Montmorency tart cherries, which are rich in anthocyanins, the super anti-inflammatory agents. It promises more antioxidants than others.



For more of the blueberry experience at less than a quarter of the price, there's TrueBlue (64 ounces, \$3.99), winner of the 2005 Best New Blueberry Beverage Award. It's available in six sweet flavors, including blueberry pomegranate and blueberry green tea.