

**Blackberries**

**Blueberries**

**Raspberries**

**Strawberries**



## Research Articles on Health Benefits of Berries

### Health Benefits of Berries

[Strawberries](#) [Raspberries](#) [Blueberries](#) [Blackberries](#) [Cranberries](#) [Other Related Articles](#)

## Strawberries

### **Anti-Angiogenic, Antioxidant, and Anti-Carcinogenic Properties of a Novel Anthocyanin-Rich Berry Extract Formula**

Bagchi D; Sen CK; Bagchi M; Atalay M

*Biochemistry*, 2004, 69(1), 75-80

[Abstract](#)

### **Potential Impact of Strawberries on Human Health: A Review of the Science**

Hannum, S. M.

*Critical Reviews in Food Science and Nutrition*, 2004, 44(1), 1-18

[Abstract](#)

### **Inhibitory Effect of Whole Strawberries, Garlic Juice or Kale Juice on Endogenous Formation of N-nitrosodimethylamine in Humans**

Chung M.J.; Lee S.H.; Sung N.J.

*Cancer Letters*, 8 August 2002, 182(1), 1-10

[Abstract](#)

### **Bioactive Substances and Health Benefits of Strawberries**

Torronen, R; Maatta, K

*Acta Horticulturae*, 2002, no. 567, 797 (8 pages)

### **Anticarcinogenic Activity of Strawberry, Blueberry, and Raspberry Extracts to Breast and Cervical Cancer Cells**

Wedge, D. E.; Meepagala, K. M.; Magee, J. B.; Smith, S. H.; Huang, G.; Larcom, L. L.

*Journal of Medicinal Food*, 2001, 4(1), 49-52

[Abstract](#)

### **Inhibition of N-nitrosomethylbenzylamine-Induced Tumorigenesis in the Rat Esophagus by Dietary Freeze-Dried Strawberries**

Peter S. Carlton; Laura A. Kresty; Joseph C. Siglin; Mark A. Morse; Jerry Lu; Charlotte Morgan

*Carcinogenesis*, 2001, 22(3), 441-446

[Abstract](#)

### **Effect of Fruits, Vegetables, or Vitamin E--Rich Diet on Vitamins E and C Distribution in Peripheral and Brain Tissues: Implications for Brain Function**

Martin A; Prior R; Shukitt-Hale B; Cao G; Joseph JA

*The Journals of Gerontology. Series A, Biological Sciences and Medical Sciences*, 2000, 55(3), B144-51

[Abstract](#)

### **Antioxidant-Rich Diets Improve Cerebellar Physiology and Motor Learning in Aged Rats**

Bickford PC; Gould T; Briederick L; Chadman K; Pollock A; Young D; Shukitt-Hale B;

Joseph J

*Brain Research*, 2000, 866(1-2), 211-7

[Abstract](#)

### **Isothiocyanates and Freeze-Dried Strawberries as Inhibitors of Esophageal Cancer**

Stoner, Gary D.; Kresty, Laura A.; Morse, Mark A.

*Toxicological sciences*, 1999, 52(2) supp, 95

[Abstract](#)

### **Long-Term Dietary Strawberry, Spinach, or Vitamin E Supplementation Retards the Onset of Age-Related Neuronal Signal-Transduction and Cognitive Behavioral Deficits**

Joseph JA; Shukitt-Hale B; Denisova NA; Prior RL; Cao G; Martin A; Taglialatela [G](#);

Bickford PC

*The Journal of Neuroscience*, 1998, 18(19), 8047-55

[Abstract](#)

## Raspberries

Inhibition of the Growth of Premalignant and Malignant Human Oral Cell Lines

by Extracts and Components of Black Raspberries

Han, ChunHua; Ding, Haiming; Casto, Bruce; Stoner, Gary D.; D'Ambrosio, Steven M.

*Nutrition and Cancer*, 2005, 51(2), 207-217

[Abstract](#)

### **Chemoprevention of Oral Cancer by Black Raspberries**

Casto, B. C.; Kresty, L. A.; Kraly, C. L.; Pearl, D. K.; Knobloch, T. J.; Schut, H. A.; Stoner, G. D.; Mallery, S. R.; Weghorst, C. M.

*Anticancer Research*, 2002, 22(6/C), 4005-4016

[Abstract](#)

### **Inhibition of Benzo(a)pyrene Diol-Epoxy-Induced Transactivation of Activated Protein 1 and Nuclear Factor kb by Black Raspberry Extracts**

Huang, Chuanshu; Huang, Yi; Li, Jingxia; Hu, Wenwei; Aziz, Robeena; Tang, Moon-shong; Sun, Nanjun; Cassady, John; Stoner, [Gary D](#)

*Cancer Research*, 62, 2002, 23, 6857 (7 pages)

[Abstract](#)

### **Effects of Lyophilized Black Raspberries on Azoxymethane-Induced Colon Cancer and 8-Hydroxy-22-Deoxyguanosine Levels in the Fischer 344 Rat**

Harris, G. K.; Gupta, A.; Nines, R. G.; Kresty, L. A.; Habib, S. G.; Frankel, W. L.;

LaPerle, K.; Gallaher, D. D.; Schwartz, S. J.; Stoner, G. D.

*Nutrition and Cancer*, 2001, 40(2), 125-133

[Abstract](#)

### **Chemoprevention of Esophageal Tumorigenesis by Dietary Administration of Lyophilized Black Raspberries**

Kresty, Laura A; Morse, Mark A; Morgan, Charlotte; Carlton, Peter S; Lu, Jerry;

Gupta, Ashok; Blackwood, Michelle; Stoner, Gary D

*Cancer Research*, 2001, 61(16), 6112 (8 pages)

[Abstract](#)

### **Anticarcinogenic Activity of Strawberry, Blueberry, and Raspberry Extracts to Breast and Cervical Cancer Cells**

Wedge, D. E.; Meepagala, K. M.; Magee, J. B.; Smith, S. H.; Huang, G.; Larcom, L. L.

*Journal of Medicinal Food*, 2001, 4(1), 49-52

[Abstract](#)

### **Effects of Lyophilized Black Raspberries on Azoxymethane-Induced Colon Cancer and 8-Hydroxy-2'-Deoxyguanosine Levels in the Fischer 344 Rat**

Harris, G. K.; Gupta, A.; Nines, R. G.; Kresty, L. A.; Habib, S. G.; Frankel, W. L.; LaPerle, K.; Gallaher, D. D.; Schwartz, S. J.; Stoner, G. D.

*Nutrition and Cancer*, 2001, 40(2), 125-133

[Abstract](#)

## Blueberries

### **Blueberries in the American Diet**

Lewis, N. M.; Ruud, J.

*Nutrition Today*, 2005, 40(2), 92-96

[Abstract](#)

### **Reversing the Deleterious Effects of Aging on Neuronal Communication and Behavior: Beneficial Properties of Fruit Polyphenolic Compounds**

Joseph JA; Shukitt-Hale B; Casadesus G

*The American journal of clinical nutrition*, 2005, 81(1) Supp, 313S-316S

[Abstract](#)

### **Wild Blueberry-Rich Diets Affect the Contractile Machinery of the Vascular Smooth Muscle in the Sprague-Dawley Rat**

Norton, Cynthia; Kalea, Anastasia Z.; Harris, Patrick D.; Klimis-Zacas, Dorothy J.

*Journal of Medicinal Food*, 2005, 8(1), 8-13

[Abstract](#)

### **Blueberry Extract Enhances Survival of Intraocular Hippocampal Transplants**

Willis L; Bickford P; Zaman V; Moore A; Granholm AC

*Cell Transplantation*, 2005, 14(4), 213-23

[Abstract](#)

### **Blueberry Supplemented Diet: Effects on Object Recognition Memory and Nuclear Factor-Kappa B Levels in Aged Rats**

Goyarzu, P.; Malin, D. H.; Lau, F. C.; Tagliatalata, G.; Moon, W. D.; Jennings, R.; Moy, E.; Moy, D.; Lippold, S.; Shukitt-Hale, B.

*Nutritional Neuroscience*, 2004, 7(2), 75-84

[Abstract](#)

### **Blueberry Supplementation Enhances Signaling and Prevents Behavioral Deficits in an Alzheimer Disease Model**

Joseph, J. A.; Denisova, N. A.; Arendash, G.; Gordon, M.; Diamond, D.; Shukitt-Hale, B.; Morgan, D.

*Nutritional Neuroscience*, 2003, 6(3), 153-162

[Abstract](#)

### **The Effect of Freeze-Dried Blueberries on N-nitrosomethylbenzylamine Tumorigenesis in the Rat Esophagus**

Aziz R.M.; Nines R.; Rodrigo K.; Harris K.; Hudson T.; Gupta A.; Morse M.; Carlton P.; Stoner G.D.

*Pharmaceutical Biology (Formerly International Journal of Pharmacognosy)*, 2002, 40(1), Suppl., 43-49

[Abstract](#)

### **Feeding Rats Diets Enriched in Lowbush Blueberries for Six Weeks Decreases Ischemia-Induced Brain Damage**

Sweeney, M.I.; Kalt, W.; MacKinnon, S.L.; Ashby, J.; Gottschall-Pass, K.T.

*Nutritional Neuroscience*, 2002, 5, 6, 427-431

[Abstract](#)

### **Fruit Polyphenolics and Brain Aging: Nutritional Interventions Targeting Age-Related Neuronal and Behavioral Deficits**

Galli RL; Shukitt-Hale B; Youdim KA; Joseph JA

*Annals of the New York Academy of Sciences*, 2002, no. 959, 128-32

[Abstract](#)

### **Anticarcinogenic Activity of Strawberry, Blueberry, and Raspberry Extracts to Breast and Cervical Cancer Cells**

Wedge, D. E.; Meepagala, K. M.; Magee, J. B.; Smith, S. H.; Huang, G.; Larcom, L. L.

*Journal of Medicinal Food*, 2001, 4(1), 49-52

[Abstract](#)

### **Health Functionality of Blueberries**

Kalt, Willy; Dufour, Dominique

*HortTechnology*, 1997, 7(3), 216

[Abstract](#)

## Blackberries

### **Anthocyanin Metabolism in Rats and Their Distribution to Digestive Area, Kidney, and Brain**

Talav ra S; Felgines C; Texier O; Besson C; Gil-Izquierdo A; Lamaison JL; R m sy C

*Journal of Agricultural and Food Chemistry*, 2005, 53(10), 3902-3908

[Abstract](#)

### **Fatty Acid Composition and Antioxidant Properties of Cold-Pressed Marionberry, Boysenberry, Red Raspberry, and Blueberry Seed Oils**

Parry, J.; Su, L.; Luther, M.; Zhou, K.; Yurawecz, M. P.; Whittaker, P.; Yu, L.

*Journal of Agricultural and Food Chemistry*, 2005, 53(3), 566-573

[Abstract](#)

### **Rebuttal on Comparison of the Total Phenolic and Ascorbic Acid Content of Freeze-Dried and Air-Dried Marionberry, Strawberry, and Corn Grown Using Conventional, Organic, and Sustainable Agricultural Practices**

Mitchell, A. E.; Barrett, D. M.

*Journal of Agricultural and Food Chemistry*, 2004, 52(1), 150-152

Short Communication, no abstract

### **Comment on Comparison of the Total Phenolic and Ascorbic Acid Content of Freeze-Dried and Air-Dried Marionberry, Strawberry, and Corn Grown Using Conventional, Organic, and Sustainable Agricultural Practices**

Felsot, A. S.; Rosen, J. D.

*Journal of Agricultural and Food Chemistry*, 2004, 52(1), 146-148

Short communication, no abstract

### **Comparison of the Total Phenolic and Ascorbic Acid Content of Freeze-Dried and Air-Dried Marionberry, Strawberry, and Corn Grown Using Conventional, Organic, and Sustainable Agricultural Practices**

Asami, D. K.; Hong, Y.-J.; Barrett, D. M.; Mitchell, A. E.

*Journal of Agricultural and Food Chemistry*, 2003, 51(6), 1237-1241

[Abstract](#)

### **Blackberry Extracts Inhibit Activating Protein 1 Activation and Cell Transformation by Perturbing the Mitogenic Signaling Pathway**

Feng, Rentian; Bowman, Linda L.; Lu, Yongju; Leonard, Stephen S.; Shi, Xianglin;

Jiang, Bing-Hua; Castranova, Vince; Vallyathan, Val; Ding, Min

*Nutrition and Cancer*, 2004, 50(1), 80-89

[Abstract](#)

## Cranberries

### **Cranberry Phytochemicals and Their Health Benefits**

Cunningham, DG; Vannozzi, SA; Turk, R; Roderick, R; OShea, E; Brilliant, K

*ACS Symposium Series*, 2004, 871, 35-51

### **Health and Wellness with Cranberries**

Girard, K.

*Agro Food Industry Hi Tech*, 2004, 15(6), 41-42

### **Prevention of Infectious Diseases by Cranberry Juice**

Nishizaki, N.; Kaneko, K.

*Food Style*, 21, 2004, 8(9), 42-4

### **Cranberries and Urinary-Tract Health: A Knowledge Assessment of American College of Obstetricians and Gynecologists Fellows**

Greenberg, J.; Newman, S.; Morgan, M.

*Journal of Alternative and Complementary Medicine*, 2004, 10(4), 603-605

### **Antimicrobial Mechanisms of Cranberry Juice**

Rhee, Kyu Y; Charles, Macarthur

*Clinical Infectious Diseases*, 2004, 39(6), 877

Short communication, no abstract

### **A Flavonoid Fraction from Cranberry Extract Inhibits Proliferation of Human Tumor Cell Lines**

Ferguson PJ; Kurowska E; Freeman DJ; Chambers AF; Koropatnick DJ

*The Journal of nutrition*, 2004, 134(6), 1529-1535

[Abstract](#)

### **Berry Intake Increases the Activity of the Gamma-Glutamylcysteine Synthetase Promoter in Transgenic Reporter Mice.**

Carlsen H; Myhrstad MC; Thoresen M; Moskaug JO; Blomhoff R

*The Journal of Nutrition*, 2003, 133(7), 2137-40

[Abstract](#)

### **Is Cranberry Juice Effective in the Treatment and Prevention of Helicobacter Pylori Infection of Mice?**

Xiao, Shu Dong; Shi, Tong

*Chinese Journal of Digestive Diseases*, 2003, 4(3), 136-139

[Abstract](#)

### **Interview: Red cranberries are spread in the Japanese market as health food**

Ionta, K.; Koga, T.

*Food Style*, 21, 2002, 6(5), 14-16

### **Evaluation of Fruit Chemistry in Cranberry Germplasm: Potential for Breeding Varieties with Enhanced Health Constituents**

Vorsa, N; Polashock, J; Howell, A; Cunningham, D; Roderick, R

*Acta Horticulturae*, 2002, no. 574, 215-220

[Abstract](#)

### **Cranberry Flavonoids, Artherosclerosis, and Cardiovascular Health**

Reed, J

*Critical Reviews in Food Science and Nutrition*, 2002, 42(3), 301-316

### **The Role of Cranberry and Probiotics in Intestinal and Urogenital Tract Health**

Reid, G

*Critical Reviews in Food Science and Nutrition*, 2002, 42(3), 293-300

[Abstract](#)

### **Cranberry Proanthocyanidins and the Maintenance of Urinary Tract Health**

Howell, AB

*Critical Reviews in Food Science and Nutrition*, 2002, 42(3), 273-278

[Abstract](#)

### **Foods and Health Promotion: The Case for Cranberry**

Milner, JA

*Critical Reviews in Food Science and Nutrition*, 2002, 42(3), 265-266

### **Latest Developments in Cranberry Health Research**

Leahy, M; Speroni, J; Starr, M

*Pharmaceutical Biology*, 2002, 40, 50-54

[Abstract](#)

### **The Cranberry â€“ Promising Health Benefits, Old and New - Another Reason to Eat Your Cranberries at Thanksgiving**

Leahy, Marge; Roderick, Robin; Brilliant, Kate

*Nutrition Today*, 2001, 36(5), 254 (12 pages)

[Abstract](#)

### **Preliminary Research Indicates Cranberry May Impact Cancer**

## and Heart Disease

*International Food Marketing and Technology*, 2000, 14, Part 4: 16

### Other Related Articles

#### **Antimutagenic Activity of Berry Extracts**

Hope Smith, S.; Tate, P. L.; Huang, G.; Magee, J. B.; Meepagala, K. M.; Wedge, D. E.; Larcom, L. L.  
*Journal of Medicinal Food*, 2004, 7(4), 450-455

[Abstract](#)

#### **Role of Berries in Human Health**

Stewart, D.  
*Acta Horticulturae*, 2004, no. 649, 35-40

#### **Red Berries and Their Health Benefits**

Wightman, J. D.  
*Acs Symposium Series*, 2004, vol. 871, 123-132

#### **Inhibition of Cancer Cell Proliferation in Vitro by Fruit and Berry Extracts and Correlations with Antioxidant Levels**

Olsson, M. E.; Gustavsson, K.-E.; Andersson, S.; Nilsson, A.; Duan, R.-D.  
*Journal of Agricultural and Food Chemistry*, 2004, 52(24), 7264-7271

#### **Low Intake of Fruits, Berries and Vegetables is Associated with Excess Mortality in Men: The Kuopio Ischaemic Heart Disease Risk factor (kihd) Study**

Rissanen, T. H.; Voutilainen, S.; Virtanen, J. K.; Venho, B.; Vanharanta, M.; Mursu, J.; Salonen, J. T.  
*Journal of Nutrition*, 2003, 133(1), 199-204

[Abstract](#)

#### **Ellagic Acid from Berries Useful in Cancer Prevention**

*Townsend Letter for Doctors and Patients*, 2002, no. 225, 122

#### **Saw Palmetto Berry Extract Inhibits Cell Growth and Cox-2 Expression in Prostatic Cancer Cells**

Goldmann, W. H.; Sharma, A. L.; Currier, S. J.; Johnston, P. D.; Rana, A.; Sharma, C. P.  
*Cell Biology International*, 2001, 25(11), 1117-1124

[Abstract](#)

Search this site for...

- [News \(home\)](#)
  - [Scientists in Berry Health](#)
- [Berry Health & Healing](#)
  - [Fact Sheets on Each Berry](#)
  - [Press Reports](#)
  - [Research Articles](#)
- [Berry Health Symposium](#)
- [Learn More About...](#)
  - [Blackberries](#)
  - [Blueberries](#)
  - [Raspberries](#)
  - [Strawberries](#)
- [Resources](#)
- [About this Site](#)
- [Contact Us](#)

Our sponsors

