



# *Berry Phytochemicals in 2007 Research*

*Putting Science Into Dietary Practice*

*Part 1 of 3*

## *Resveratrol*



Blackberries, strawberries, blueberries -- vaults of phytochemicals

[Follow the [Wikipedia](#) links]

Chemicals naturally synthesized by plants --phytochemicals (*phyto* = "plant") -- are suspected (but not proven) of providing health benefits.

They are different in definition from [nutrients](#) known to be essential for human health.

Across the entire plant world, phytochemicals number as many as 10,000 individual elements

including non-nutrient chemicals such as

- **organic acids** (*dozens known*)
- phenolic acids ("phenolics" or "**polyphenols**"; *thousands*)
  - **fatty acids** (*dozens*)
  - **terpenes** and carotenoids (*hundreds*)
- polysaccharides and other **forms of soluble and insoluble fiber** (*thousands*)
  - **phytosterols** (*dozens*)
  - steroids and hormones (*dozens*)
- numerous others requiring years of scientific study to understand them

Many under scientific study now to define their properties  
are being isolated and tested in the laboratory.

Some or all may eventually prove effective for human health but  
these will first require years of study in human clinical trials.

So many rightly ask:

With research proof of health effects so far off,  
why should consumers be convinced enough to put plant food sources  
like berries into their diets now?

- research is pointing toward these conclusions
- the foods are safe to consume in amounts normal for a diet
- they are enjoyable to use in a diet
- committing to daily use of colorful foods is a reminder to eat wisely and live a healthy lifestyle

*Which phytochemicals from berries have shown*

*sufficient research progress*

*so we can safely put them into our diets ?*



Muscadine grapes (*Vitis rotundifolia*), an enriched source of resveratrol  
[general rule: [the darker the grape, the more resveratrol you get!](#)]

A previous entry from the [Berry Doctor's Journal on grape phenolics](#), *click*

## *Resveratrol*

(pronounced in syllables, it's not so difficult -- "res-ver-a-trol")

For scientific detail, read the [Resveratrol page](#) from the  
Micronutrient Information Center of the Linus Pauling Institute, *click!*

Read the [Wikipedia page on potential health benefits of grape resveratrol](#)

### What plants have it?

- red grapes (skins and seeds)
- blueberries, cranberries, strawberries, black currants
- peanuts with skins
- **seaberries** ("sea buckthorn")

### What does it do?

- plants make resveratrol for protection against fungi, bacteria, solar radiation
- in humans, the most likely role is **anti-inflammatory**

### What research shows its possible human health benefits?

- read a 2007 **review by a Canadian government scientist** (*click for full paper*)
- **cardiovascular effects**, including clotting inhibition and reduced vascular damage (*click for abstract*)
- **anti-cancer** mechanisms
- **anti-aging and anti-inflammatory** effects
- **effects against development of Alzheimer's disease**

### How do we include it in our diet?

- dark grape, blueberry, cranberry or black currant juice
- red wine (2 glasses daily maximum for men, one for women) -- Pinot Noir, Merlot, Shiraz, Cabernet Sauvignon, read about them at the excellent [Wikipedia wine article](#)

- dark grapes, *especially* those with seeds (chew the seeds for maximum benefit)
- dark raisins or dried blueberries, cranberries or black currants
- peanuts with skins, peanut butter

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