

Health Minute™

Is Acai juice worth the extra cost?

Acai juice is getting a lot of attention as the new “super food.” Of course, all of that attention brings fancy packaging, fancy names like Mona Vie and BossaNova, and a fancy price tag. Fans of acai juice say that it has more antioxidants and nutrients than other foods. That did not prove true in a study comparing different commercially available juices. They found that the antioxidant power of acai juice was roughly equivalent to cranberry juice. While the acai and the cranberry contain different proanthocyanins, they are equally healthy. Good news if you are trying to keep your wallet as healthy as your heart. Save your money - buy Cranberry juice.



Acai berries

An inch-long dark purple berry harvested from the Acai Palm in Central and South America
Contains proanthocyanins, natural pigments that function as antioxidants.
High in dietary fiber
Have been shown to lower cholesterol
Juice can cost up to \$40 per bottle

Cranberries

Small red berry grown in the northern US and Canada
Contains proanthocyanins, natural plant pigments that function as antioxidants
High in vitamin C and manganese
High in dietary fiber
Have been shown to lower cholesterol
Inexpensive and readily available