

Aronia Berry Antioxidant Food

The berries also have a deep natural coloring that can be added to juices, ice cream, yogurt, and other products. Aronia berries are becoming popular for their health benefits, having a high antioxidant power that may help reduce risk for cancer, heart disease, inflammation and diabetes. Overall, the Chokeberry is a low-fiber and low-protein berry with a tart sugary taste but a comparatively very high yield of Anthocyanins and Procyanidins; the molecules claimed to underlie benefits associated with Blueberries and Grape Seed Extract.

Approximately 200 ml of unsweetened black chokeberry juice or 300 mg of a black chokeberry extract have been shown to provide benefits following supplementation. Black Aronia Berry is higher in antioxidant capacity than any other fruit. The Black Aronia Berry has proven to be one of nature's most powerful [aronia](#).

The Black Aronia Berries' juice is naturally sweet but is low in sugar. Nature's healer and protector, the Black Aronia Berry (aka Black Chokeberry) was highly valued and utilized by Native Americans, who considered the berry to be an essential part of their daily health needs. Among the effective natural antioxidants present in foods is a large group of polyphenols.

[What foods are high in antioxidants?](#) In effect of the natural fruit juice from Aronia melanocarpa on carbon tetra-chloride-induced acute liver damage in rats. Stability of polyphenols in chokeberry ([Aronia melanocarpa](#)) subjected to in vitro gastric and pancreatic digestion. Further, animals in the present study had a free access to feed consisting of standard chow mixed with chokeberry powder from whole, freeze-dried berries while above mentioned authors used chokeberry juice administrated by direct stomach intubation.

This study indicates that [foods high in antioxidants](#) although the examined properties vary considerably through the growing seasons ([best antioxidant foods](#)), chokeberry juices can serve as a good source of bioactive phytochemicals in a human diet. The minerals, vitamins and antioxidants contained in aronia fruits are easily absorbed and offer strong support to the cells of the immune system. Ripe, violet-black aronia fruits with a deep, dark colour have a very high content of these substances.

People with diabetes spend 2.5 times for health care from their own financial reserves than their healthy counterparts ([rich in antioxidants](#)), especially if they have developed cardiovascular disease ([aronia berry](#)). Finding a way to bridge the gap between current treatments, preventive measures (directed toward pre-diabetes as well as delay of diabetes complications), possible adjuvant therapies, and dietary and lifestyle modification is strongly encouraged given this situation ([berry high in antioxidants](#)). As highlighted in this review, A. melanocarpa berry juice and plant extract has displayed evidence as a potent modulator of hyperglycemia-related oxidative stress which is directly correlated with its complications, in particular, cardiovascular disease.

