
ANTHOCYANINS

These healthy compounds can help reduce the risk of diabetes

What Are Anthocyanins?

Anthocyanins are water-soluble pigments that belong in the flavonoid family.

The flavonoid family, in turn, is a collection of phytochemicals. These compounds help fight oxidation and improve health.

Great sources of anthocyanins include...

- Blackberries
- Blackcurrants
- Blueberries
- Cranberries
- Grapes
- Raspberries
- Red Cabbage

You can also find anthocyanins in the skin of eggplants (a.k.a. aubergines) and some apples. Certain red-hued peaches can also contain these fantastic phytochemicals.

Berries and Diabetes:

Have you seen the latest meta-analysis from the *European Journal of Clinical Nutrition*?

The article, “Associations of dietary intakes of anthocyanins and berry fruits with risk of type 2 diabetes mellitus: a systematic review and meta-analysis of prospective cohort studies,” explored the link between the anthocyanins in berries and a reduced risk of type 2 diabetes. The results are very encouraging.

Apparently eating anthocyanin-rich berries could **reduce a person’s risk of diabetes by 15 to 18 percent!** This data comes from over 400,000 people.

