Go red to manage pain

Tart cherries may help reduce chronic inflammation, especially for those suffering from joint pain.

Like other dark red fruits and vegetables, tart cherries are rich in polyphenols, especially anthocyanins, which give them their red color. These photochemicals are believed to have anti-inflammatory and antioxidant effects on the body. Therefore, it is possible that could slow down the progression of osteoporosis.

There has been some mixed results on the impact of consuming tart cherries and cherry juice. However, if you would like to try cherry juice, look for tart cherry juice that has more polyphenols and less added sugar.

Like other fruits, cherries are a healthy addition to any dietary pattern. Try to include a variety of fruits (and vegetables) of varying colors to help ensure getting plenty of nutrients to support good health.

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