DISCOVER
PRUNES & PRUNE JUICE

Did you know that prunes and prune juice can help to regulate digestion, improve bone health and add much needed fiber to your day?

Whether prunes and prune juice are your tried-and-true pantry staple, or a superfood you've newly discovered, we've got the answers below. Give them a try and you'll be on your way to feeling good!

BONE HEALTH

- **54 million Americans** have low bone density or osteoporosis

54M

- 5-6 prunes per day may **help prevent bone loss, including preserving bone hip mineral density, reducing hip fracture risk and reducing inflammatory mediators** [1,2]
- Prunes have vitamins and minerals that likely work together to protect the bone, including **fiber, vitamin K, magnesium, potassium, boron, copper and polyphenols.**[3]

HEART HEALTH

- Prunes have **no sodium or added sugar**
- Good source of **fiber**
- Increased **fiber intake** is linked to better heart health[4]

Prune juice has **5 essential vitamins and minerals:** *potassium, riboflavin, B6, copper and niacin.*

DIGESTIVE HEALTH

3g of fiber/serving **Prunes**   **4g** of fiber/serving **Prune Juice**

A special combination of nutrients that are absorbed slowly into the body **=** Increased water in the digestive system **=** Regulated digestion

WEIGHT CONTROL

- Fiber can help you to **feel full for longer after eating**
- Prunes and prune juice have a **low glycemic index** and are absorbed slowly after eating

100 Kcal/serving **Prunes**   **180** Kcal/serving **Prune Juice**

Discover the many ways to enjoy prunes and prune juice throughout the day!

APPLE SPICE SMOOTHIE

CRISPY QUINOA CAKES

SWEET AND SAVORY ACORN SQUASH

PRUNE CINNAMON SWIRL BREAD
with Cinnamon Icing

Visit Sunsweet.com for recipes and to discover even more about prunes and prune juice.

1 Hooshmand S. et al. The effect of two doses of dried plum on bone density and bone biomarkers in osteopenic postmenopausal women: a randomized, controlled trial. *Osteoporosis International.*2016. 27:2271-2279.
2 De Souza MJ, Strock NCA, Williams NI, Lee H, Koltun KJ, Rogers C, Ferruzzi MG, Nakatsu CH, Weaver C. Prunes preserve hip bone mineral density in a 12-month randomized controlled trial in postmenopausal women: the Prune Study. *Am J Clin Nutr.* 2022 Jul 7:nqac189. doi: 10.1093/ajcn/nqac189. Epub ahead of print. PMID: 35798020.
3 Arjmandi, et al. Nutrients. Bone-Protective Effects of Dried Plum in Postmenopausal Women: Efficacy and Possible Mechanisms. 2017, 9, 496: doi:10.3390/nu9050496.
4 Pereira MA, O'Reilly E, Augustsson K, et al. Dietary fiber and risk of coronary heart disease: a pooled analysis of cohort studies. *Arch Intern Med.* 2004; 164:370–6.

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