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# Cranberry

National Cancer Institute

## Source

National Cancer Institute. *Cranberry*. NCI Thesaurus. Code C28943.

Fruit of the Cranberry plant, a Native American wetland plant, can be consumed whole or made into food products such as jellies and juices. Prevention of urinary tract infections by cranberries has been documented. Natural, unprocessed cranberries contain anthocyanidins, which prevent *Escherichia coli*, the typical cause urinary tract infections, from attaching to the urinary tract wall. Anthocyanidins are potent antioxidant substances. (NCI04)