

Nutrition & Health



We produce premium quality dried fruit ingredients used by innovative food manufacturers and providers around the world to create delicious, on-trend consumer products.

We deliver *delight*™



## Infused Dried Cranberries

Superfruit nutrition with a major pop of color, flavor, and texture.

See, taste, and experience the Graceland Fruit infused dried cranberry difference

- Naturally vibrant color
- Delicious sweet-tart flavor
- Moist chewy texture
- Outstanding piece integrity
- Superfruit nutrition
- Exceptional flowability

For complete Documentation & Specifications, to Request Samples, or to discuss Custom Solutions, link to our website below:

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Graceland Fruit, Inc. is a leading producer and global distributor of premium quality dried fruit ingredients for the food industry. Our exceptional product and service performance make it easy for innovative food manufacturers and providers to create delicious, on-trend products that surprise and delight their consumers.



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Graceland Fruit infused dried cranberries start with high-quality fresh fruit harvested at peak season and flash frozen to preserve its integrity, nutrition, vibrant color, and authentic flavor.

One of the most nutrient-dense fruit ingredients available, the bold color and distinctive piece identity of this sweet-tart superfruit delivers the all-natural health cues sought by today's consumer. The intense flavor and moist chewy texture deliver delicious taste in every bite.

Nutrients in dried fruit are more concentrated than fresh fruit, allowing a smaller amount of dried to provide similar benefits to a larger quantity of fresh. The nutrient value of ½ cup dried cranberries is equivalent to 1 cup fresh cranberries. They contain antioxidants that protect the body from harmful free radicals and are:

- A good source of fiber
- Naturally fat free
- Cholesterol free
- Sodium free

Cranberries also have an array of naturally occurring flavonoids and phytonutrients including anthocyanins, a polyphenol that gives cranberries their bold red color and contain powerful antioxidants, and Proanthocyanidins (PACS), bioactive compounds unique to cranberries that provide antioxidant and anti-inflammatory benefits.

More than 500 original research and review articles on the health benefits of cranberries have been published in peer-reviewed medical and nutrition journals\*. While research is on-going, initial findings suggest cranberries may:

- Reduce inflammation associated with chronic disease and aging
- Improve heart health
- Support digestive health
- Improve insulin sensitivity and glucose response among type 2 diabetics
- Promote urinary tract health
- Support oral health
- Slow tumor progression in prostate, liver, breast, ovarian, and colon cancer

As the centerpiece or as an accent, our infused dried cranberries contribute to the nutritional profile of a wide variety of commercial food applications. Buzz-worthy for their health benefits and crave-worthy for their intense flavor and moist, chewy texture, our infused dried cranberries deliver delight.

\* Learn more about the superfruit nutrition of cranberries at [The Cranberry Institute](#), [US Cranberries](#), [Massachusetts Cranberries](#), [Wisconsin Cranberries](#), [Produce for Better Health Foundation](#), [Nutrition Value](#), [USDA National Nutrient Database for Standard Reference](#)





## Infused Dried Cherries

Boldly tart. Deeply red. On-trend. Nutritional powerhouse.

See, taste, and experience the Graceland Fruit infused dried cherry difference

- Michigan-grown Montmorency cherries
- Naturally deep red color
- Bold tart flavor
- Moist chewy texture
- Outstanding piece integrity
- Superfruit nutrition
- Exceptional flowability

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Graceland Fruit infused dried cherries start with fresh, high-quality, Michigan-grown Montmorency cherries harvested at peak season and flash frozen to preserve their integrity, nutrition, vibrant color, and authentic flavor. Boldly tart and deeply hued, these tasty gems wake up the palate, add distinctive color and texture, and deliver superfruit nutrition.

Nutrients in dried fruit are more concentrated than fresh fruit, allowing a smaller amount of dried to provide similar benefits to a larger quantity of fresh. The nutrient value of ¼ cup dried tart cherries is equivalent to 1 cup fresh pitted cherries and are:

- Rich in vitamin A
- A good source of copper
- Naturally fat free
- Cholesterol free
- Sodium free

Montmorency cherries owe their tart taste and deep red color to an abundance of naturally occurring anthocyanins and anthocyanidins. Their broad array of flavonoids, phenols, and bioactive compounds provide antioxidant and anti-inflammatory benefits. In addition, tart cherries are one of the few food sources of natural melatonin, the sleep hormone that helps regulate the circadian sleep-wake rhythm.

This delicious superfruit is a nutritional powerhouse that has been studied more than any other cherry variety. More than 60 original research and review articles on the health benefits of Montmorency cherries have been published in peer-reviewed medical and nutrition journals and more are underway\*. While research is on-going, initial findings suggest tart Montmorency cherries may:

- Reduce inflammation associated with arthritis and gout
- Contribute to heart health
- Help regulate natural sleep patterns, increasing sleep quality, duration, and efficiency
- Aid in post-exercise muscle recovery
- Support digestive health
- Improve insulin sensitivity and glucose response among type 2 diabetics
- Prevent memory loss and improve cognitive function

As the centerpiece or as an accent, our signature infused dried cherries contribute to the nutritional profile of a wide variety of commercial food applications. They deliver delight with the all-natural health cues, rich flavor, and distinctive texture sought by today's consumer.

\* Learn more about the superfruit nutrition of tart cherries at [Montmorency US Tart Cherries, The Trend of Tart, Montmorency Cherries: Our Nutrition Story, A Review of the Health Benefits of Cherries, Nutrition Value, USDA National Nutrient Database for Standard Reference](#)



## Infused Dried Blueberries

Crazy-popular. Remarkably versatile. Powerfully nutritious.

See, taste, and experience the Graceland Fruit infused dried blueberry difference

- Cultivated for rich sweet flavor
- Wild for bold intense flavor
- Naturally vibrant blue color
- Moist chewy texture
- Outstanding piece integrity
- Superfruit nutrition
- Exceptional flowability

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Graceland Fruit infused dried blueberries start with fresh, high-quality, cultivated and wild blueberries harvested at peak season and flash frozen to preserve their integrity, nutrition, vibrant color, and authentic flavor. Both our rich, sweet, cultivated blueberries and bold, intense, wild blueberries offer the superfruit nutrition, delicious taste, distinctive texture, and all-natural health cues consumers crave.

Nutrients in dried fruit are more concentrated than fresh fruit, allowing a smaller amount of dried to provide similar benefits to a larger quantity of fresh. The nutrient value of ¼ cup dried cultivated or wild blueberries is equivalent to 1 cup of their fresh counterpart and are:

- A good source of fiber
- A good source of vitamin C
- High in vitamin K
- Naturally fat free
- Cholesterol free
- Sodium free

Cultivated and wild blueberries owe their deep blue color and powerful health protection properties to an abundance of naturally occurring anthocyanins and anthocyanidins. Dietary antioxidants such as those found in the blue pigments of blueberries neutralize free radicals and help prevent cell damage and inflammation.

While both cultivated and wild blueberries are recognized superfruits, the high skin-to-pulp ratio and small size of wild blueberries deliver 72% more fiber, twice the antioxidants, and 33% more anthocyanins in every serving than their cultivated brethren. A growing body of on-going research\* suggests that both cultivated and wild blueberries may play a positive role in:

- Cardiovascular health
- Insulin response and prevention of type 2 diabetes
- Brain health, including memory retention, decision-making, and focus
- Cancer prevention and tumor progression
- Digestive health
- Reduction of inflammation associated with chronic disease and aging
- Urinary tract health
- Oral health
- Vision health
- Wound healing

As the centerpiece or as an accent, our exceptional dried blues contribute to the nutritional profile of a wide variety of commercial food applications. Small but mighty, they deliver big flavor, nutrition, color, and delight!

\* Learn more about the superfruit nutrition of cultivated and wild blueberries at [US Highbush Blueberry Council](#), [US Highbush Blueberry Council/Health Professionals](#), [US Highbush Blueberry Council/Tech](#), [Wild Blueberries](#), [Wild Blueberry Producers Association of Nova Scotia](#), [Canadian Wild Blueberries](#), [Produce for Better Health Foundation](#), [Nutrition Value](#), [USDA National Nutrient Database for Standard Reference](#)



## Infused Dried Apples

A delightful balance of nutrition, flavor and texture.

**See, taste, and experience the Graceland Fruit infused dried apple difference**

- **Tree-ripened Rome and York apples**
- **Juicy sweet-tart taste**
- **Excellent holding texture**
- **Outstanding piece integrity**
- **Exceptional flowability**

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Graceland Fruit infused dried apples start with tree-ripened Rome and York apples known for their sweet-tart taste and excellent holding texture. They are harvested at peak season and flash frozen to preserve their integrity, nutrition, and authentic flavor.

Nutrients in dried fruit are more concentrated than fresh fruit, allowing a smaller amount of dried to provide similar benefits to a larger quantity of fresh. The nutrient value of ½ cup dried apples is equivalent to 1 fresh raw apple and is:

- **A good source of fiber**
- **High in vitamin C**
- **Naturally fat free**
- **Cholesterol free**
- **Sodium free**

Apples also contain naturally occurring antioxidants, phytonutrients, and flavonoids that help strengthen immunity and reduce inflammation. In particular, quercetin, a flavonoid found in apples, may play a positive role in brain health and pancreatic and prostate cancers. While research is on-going, initial findings suggest apples may also contribute to\*:

- **Heart health**
- **Digestive health**
- **Brain health, including memory retention and mood stabilization**
- **Prevention of metabolic syndrome**
- **Improved insulin response and weight loss**
- **Cancer prevention and limiting tumor progression**
- **Oral health**
- **Lung health**

As the centerpiece or as an accent, our exceptional infused dried apples contribute to the nutritional profile of a wide variety of commercial food applications. They deliver delight with the all-natural health cues, authentic flavor, and appetizing balance of color, texture, and nutrition sought by today's consumer.

Graceland Fruit, Inc. is a leading producer and global distributor of premium quality dried fruit ingredients for the food industry. Our exceptional product and service performance make it easy for innovative food manufacturers and providers to create delicious, on-trend products that surprise and delight their consumers.





## Infused Dried Strawberries

Bursting with the fresh-picked flavor and nutrition of summer.

See, taste, and experience the Graceland Fruit infused dried strawberry difference

- Succulent sweet taste
- Moist chewy texture
- Outstanding piece integrity
- Exceptional flowability

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Graceland Fruit infused dried strawberries start with fresh, high-quality, strawberries harvested at peak season and flash frozen to preserve their integrity, nutrition, color, and authentic flavor.

Nutrients in dried fruit are more concentrated than fresh fruit, allowing a smaller amount of dried to provide similar benefits to a larger quantity of fresh. The nutrient value of ¼ cup dried strawberries is equivalent to 1 cup of fresh whole strawberries and is:

- A good source of vitamin C
- Naturally fat free
- Cholesterol free
- Sodium free

The combination of vitamins minerals, phytochemicals, and flavonoids that occur naturally in strawberries have well-documented antioxidant, anti-inflammatory, anti-cancer, and anti-mutagenic properties. New clinical research studies are underway that suggest strawberries may have a positive health impact on\*:

- Heart health
- Diabetes management
- Brain health
- Cancer risk
- Digestive health
- Inflammation associated with chronic disease and aging

As the centerpiece or as an accent, our exceptional infused dried strawberries contribute to the nutritional profile of a wide variety of commercial food applications. With a unique combination of Vitamin C, essential nutrients, dietary fiber, and phytochemicals offering health benefits from heart to head, they deliver delight with the all-natural health cues, authentic flavor, and delicious taste sought by today's consumer.

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## Cranberry Juice Concentrate

100% juice. Rich color. Intense flavor. Powerful nutrition.

**Add flavor, color and nutrition to a variety of food, beverage, health, and wellness products**

- **100% juice**
- **No added sugar**
- **All natural**
- **Nutrient dense**
- **Delicious sweet-tart taste**

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Graceland Fruit cranberry juice concentrate is made from high-quality fresh fruit harvested at peak season.

The juice extracted during our patented drying process is captured, de-pectinized, filtered, and evaporated to achieve target Brix levels. It is simply 100% juice...no added sugar, flavors, colors, or other additives... and

- **Naturally fat free**
- **Cholesterol free**
- **Sodium free**

The juice of this delicious superfruit is a nutritional powerhouse that packs a healthy one-two punch of antioxidant and anti-inflammatory benefits. Cranberries have an array of naturally occurring flavonoids and phytonutrients including anthocyanins, a polyphenol that gives cranberries their bold red color and contain powerful antioxidants, and Proanthocyanidins (PACS), bioactive compounds unique to cranberries that provide antioxidant and anti-inflammatory benefits.

More than 500 original research and review articles on the health benefits of cranberries and cranberry juice have been published in peer-reviewed medical and nutrition journals\*. While research is on-going, initial findings suggest cranberries may:

- **Reduce inflammation associated with chronic disease and aging**
- **Improve heart health**
- **Support digestive health**
- **Improve insulin sensitivity and glucose response among type 2 diabetics**
- **Promote urinary tract health**
- **Support oral health**
- **Slow tumor progression in prostate, liver, breast, ovarian, and colon cancer**

The bold sweet-tart taste of our exceptional cranberry juice concentrate adds a powerful combination of flavor, nutrition, and color to a wide variety of food, beverage, health, and wellness products. Versatile. Flavorful. Delightful!

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