



Fontes utilizadas no artigo sobre as **Frutas Vermelhas (Berries)**:
<https://nutricaoemfoco.com.br/frutas-vermelhas/>

- Red Raspberries and Their Bioactive Polyphenols: Cardiometabolic and Neuronal Health Links;
- Absorption of Anthocyanins From Blueberries and Serum Antioxidant Status in Human Subjects;
- Effect of a Wild Blueberry (*Vaccinium Angustifolium*) Drink Intervention on Markers of Oxidative Stress, Inflammation and Endothelial Function in Humans With Cardiovascular Risk Factors;
- A Single Portion of Blueberry (*Vaccinium Corymbosum* L) Improves Protection Against DNA Damage but Not Vascular Function in Healthy Male Volunteers;
- Addition of Strawberries to the Usual Diet Decreases Resting Chemiluminescence of Fasting Blood in Healthy Subjects-Possible Health-Promoting Effect of These Fruits Consumption;
- Bioactive Compounds and Antioxidant Activity in Different Types of Berries;
- The Genetic Aspects of Berries: From Field to Health;
- Effects of Black Raspberry on Lipid Profiles and Vascular Endothelial Function in Patients With Metabolic Syndrome;
- The Effect of Strawberries in a Cholesterol-Lowering Dietary Portfolio;
- Strawberry Modulates LDL Oxidation and Postprandial Lipemia in Response to High-Fat Meal in Overweight Hyperlipidemic Men and Women;

- Freeze-dried Strawberry Powder Improves Lipid Profile and Lipid Peroxidation in Women With Metabolic Syndrome: Baseline and Post Intervention Effects;
- Freeze-dried Strawberries Lower Serum Cholesterol and Lipid Peroxidation in Adults With Abdominal Adiposity and Elevated Serum Lipids;
- Strawberry Modulates LDL Oxidation and Postprandial Lipemia in Response to High-Fat Meal in Overweight Hyperlipidemic Men and Women;
- Consumption of Blueberries With a High-Carbohydrate, Low-Fat Breakfast Decreases Postprandial Serum Markers of Oxidation;
- Blueberries Decrease Cardiovascular Risk Factors in Obese Men and Women With Metabolic Syndrome;
- Anti-diabetic properties of the Canadian lowbush blueberry *Vaccinium angustifolium* Ait;
- Berries Modify the Postprandial Plasma Glucose Response to Sucrose in Healthy Subjects;
- Postprandial Glucose, Insulin and Glucagon-Like Peptide 1 Responses to Sucrose Ingested With Berries in Healthy Subjects;
- Resveratrol: How much wine do you have to drink to stay healthy?
- Washington Red Raspberries
- Vitamin C: Fact Sheets for Health Professionals
- Strawberries, the superfood you've been eating your whole life
- Postprandial Glucose, Insulin and Glucagon-Like Peptide 1 Responses to Sucrose Ingested With Berries in Healthy Subjects
- Berries Reduce Postprandial Insulin Responses to Wheat and Rye Breads in Healthy Women
- The Global Diabetes Epidemic as a Consequence of Lifestyle-Induced Low-Grade Inflammation

- Markers of Inflammation and Cardiovascular Disease: Clinical Applications of C-reactive Protein Determination
- Berries Reduce Postprandial Insulin Responses to Wheat and Rye Breads in Healthy Women
- Berries: Anti-Inflammatory Effects in Humans - PubMed
- Effect of Blueberry Ingestion on Natural Killer Cell Counts, Oxidative Stress, and Inflammation Prior to and After 2.5 H of Running
- Attenuation of meal-induced inflammatory and thrombotic responses in overweight men and women after 6-week daily strawberry (*Fragaria*) intake. A randomized placebo-controlled trial.
- Strawberry Anthocyanin and Its Association With Postprandial Inflammation and Insulin
- Anthocyanins in black raspberries prevent esophageal tumors in rats.
- Chemoprevention of oral cancer by lyophilized strawberries.
- Inhibition of estrogen-mediated mammary tumorigenesis by blueberry and black raspberry.
- Plasma cytokines as potential response indicators to dietary freeze-dried black raspberries in colorectal cancer patients.
- Phytochemical composition and pigment stability of Açai (*Euterpe oleracea* Mart.).
- In vitro and in vivo antioxidant and anti-inflammatory capacities of an antioxidant-rich fruit and berry juice blend. Results of a pilot and randomized, double-blinded, placebo-controlled, crossover study.
- Pharmacokinetics of anthocyanins and antioxidant effects after the consumption of anthocyanin-rich acai juice and pulp (*Euterpe oleracea* Mart.) in human healthy volunteers.
- Effects of Açai (*Euterpe Oleracea* Mart.) Berry Preparation on Metabolic Parameters in a Healthy Overweight Population: A Pilot Study

- GC-MS Determination of Flavonoids and Phenolic and Benzoic Acids in Human Plasma After Consumption of Cranberry Juice
- Biological Effects of Myricetin
- Phytochemicals of Cranberries and Cranberry Products: Characterization, Potential Health Effects, and Processing Stability
- Cranberry and its phytochemicals: a review of in vitro anticancer studies.
- Ursolic Acid and Its Esters: Occurrence in Cranberries and Other Vaccinium Fruit and Effects on Matrix Metalloproteinase Activity in DU145 Prostate Tumor Cells
- Ursolic Acid: An Anti- And Pro-Inflammatory Triterpenoid
- Cranberry and its phytochemicals: a review of in vitro anticancer studies.
- Dosage effect on uropathogenic Escherichia coli anti-adhesion activity in urine following consumption of cranberry powder standardized for proanthocyanidin content: a multicentric randomized double blind study
- Concentrations of Proanthocyanidins in Common Foods and Estimations of Normal Consumption
- Cranberries (Vaccinium Macrocarpon) and Cardiovascular Disease Risk Factors
- [Strawberries Decrease Atherosclerotic Markers in Subjects With Metabolic Syndrome](#)
- [Blueberries Decrease Cardiovascular Risk Factors in Obese Men and Women With Metabolic Syndrome](#)
- [Cellular Antioxidant Activity of Common Fruits | Journal of Agricultural and Food Chemistry](#)

- [A single portion of blueberry \(Vaccinium corymbosum L\) improves protection against DNA damage but not vascular function in healthy male volunteers.](#)
- [Addition of strawberries to the usual diet decreases resting chemiluminescence of fasting blood in healthy subjects-possible health-promoting effect of these fruits consumption.](#)
- [Bioactives in Blueberries Improve Insulin Sensitivity in Obese, Insulin-Resistant Men and Women](#)
- [Dietary Fiber and Weight Regulation](#)
- [Viscous Versus Nonviscous Soluble Fiber Supplements: Mechanisms and Evidence for Fiber-Specific Health Benefits](#)
- [Modulation of Genetic and Epigenetic Biomarkers of Colorectal Cancer in Humans by Black Raspberries: A Phase I Pilot Study](#)
- [Antioxidant and Antiproliferative Activities of Strawberries - PubMed](#)
- [\[Characterization of the Acai or Manaca \(Euterpe Oleracea Mart.\): A Fruit of the Amazon\]](#)
- [Effects of Supplementation With Acai \(Euterpe Oleracea Mart.\) Berry-Based Juice Blend on the Blood Antioxidant Defence Capacity and Lipid Profile in Junior Hurlers. A Pilot Study](#)
- [Berry Fruit Enhances Beneficial Signaling in the Brain](#)
- [FoodData Central](#)
- [FoodData Central](#)
- [Raspberries, raw Nutrition Facts & Calories](#)
- [Red Raspberries and Their Bioactive Polyphenols: Cardiometabolic and Neuronal Health Links](#)
- [Bilberries reduce low-grade inflammation in individuals with features of metabolic syndrome](#)
- [Bilberry extract supplementation for preventing eye fatigue in video display terminal workers](#)

- [IJMS | Free Full-Text | Consumption of Bilberries Controls Gingival Inflammation](#)
- [Bioactive Berry Compounds-Novel Tools Against Human Pathogens](#)
- [A Randomized, Double-Blinded, Placebo-Controlled Study to Compare the Safety and Efficacy of Low Dose Enhanced Wild Blueberry Powder and Wild Blueberry Extract \(ThinkBlue™\) in Maintenance of Episodic and Working Memory in Older Adults](#)
- [Bilberry Ingestion Improves Disease Activity in Mild to Moderate Ulcerative Colitis - An Open Pilot Study](#)
- [FoodData Central](#)
- [Strawberries Improve Pain and Inflammation in Obese Adults with Radiographic Evidence of Knee Osteoarthritis](#)
- [Dietary flavonoid intake and the risk of stroke: a dose-response meta-analysis of prospective cohort studies](#)
- [Chemopreventive Effects of Strawberry and Black Raspberry on Colorectal Cancer in Inflammatory Bowel Disease](#)
- [Sodium and Potassium Intake and Mortality Among US Adults: Prospective Data From the Third National Health and Nutrition Examination Survey](#)
- [Goji Berries as a Potential Natural Antioxidant Medicine: An Insight into Their Molecular Mechanisms of Action](#)
- [Polysaccharide immunomodulators as therapeutic agents: structural aspects and biologic function.](#)
- [Immunomodulatory effects of a standardized Lycium barbarum fruit juice in Chinese older healthy human subjects.](#)
- [Goji Berry Effects on Macular Characteristics and Plasma Antioxidant Levels](#)

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