

# SOUR POWER

Tart Cherry Juice



## HOW TART CHERRIES WORK

- Superior inflammation fighting power
- Rich in anthocyanins, which are antioxidants that block enzymes that produce inflammation in the body
- These antioxidants decrease exercise-induced oxidative stress
- Aid in recovery of muscle function which speeds up recovery process
- Decrease muscle soreness
- Decrease pain associated with inflammation
- Manage pain linked to common ailments like arthritis and gout
- Support healthy immune system
- Regulate body's sleep cycle



## GROCERY STORE TIP

- There are two types of cherries; tart or sweet.
- Other names for tart cherries include: montmorency, pie, and sour cherries.
- Sweet cherries include: bing and rainier cherries.
- \*Shop for 100% TART Cherry Juice or Fresh or Dried Tart Montmorency Cherries*
- \*\*Trader Joes has the least expensive options*

## TART CHERRIES AND SLEEP

- Tart Cherries are a natural source of melatonin which is a hormone that regulates the body's natural sleep cycle
- Promotes increased sleep time
- Promotes increased sleep quality
- Adequate sleep helps increase performance, mood, focus, motivation, immune function, testosterone levels, and reaction time.
- Inadequate sleep decreases body's ability to efficiently metabolize carbohydrate.

## RECIPES, RECOVERY, SNACKS

- Post workout recovery: 8 oz tart cherry juice with ½ scoop whey protein powder (NSF Certified for Sport or BSCG)
- Trail mix: ¼ c dried Montmorency cherries, ½ c pretzels, 1/8 c almonds, and 1/8 c dark chocolate chips
- Smoothie: blend ½ banana, ½ c. frozen berries, ½ c. tart cherry juice, 4 oz plain Greek yogurt, ice and water to taste
- Tart cherry bars/ see recipe on back

