

# Red Raspberry Characteristics

OREGON  
RASPBERRY  
AND  
BLACKBERRY  
COMMISSION



## Red Raspberries (Rubus idaeus)

- ◆ Fresh season typically June 15<sup>th</sup> through July 20<sup>th</sup>
- ◆ Medium sized (3.0g – 5.0g) red berry with a small seed and a hollow core.



## Health benefits –

- ◆ High in polyphenolic compounds known for their anti-cancer properties.
- ◆ Contain strong antioxidants such as Vitamin C, quercetin and gallic acid.
- ◆ Have a high ORAC level – ORAC is a measure of the antioxidant capacity of a substance. Red raspberries with an ORAC of 24  $\mu\text{mole/TE/g}$  are similar to blueberries, well known for their antioxidant values.
- ◆ Raspberries have been shown to inhibit the production of COX-I and COX-II enzymes. Anti-inflammatory products like ibuprofen and aspirin, inhibit COX-I and COX-II resulting in the reduction of pain associated with arthritis, gout and other inflammatory conditions.
- ◆ Eating whole berries has been shown in scientific studies to be more beneficial than taking the individual phytochemicals in the form of dietary supplements.
- ◆ Red raspberry oil is creating interest in the cosmeceutical market (skin care products which provide health benefits). The oil from raspberry seeds is rich in Vitamin E, Omega-3 fatty acids and has a sun protection factor (SPF) of 25-50.
- ◆ Red raspberry ketones are currently being used in Japan as a weight loss supplement in a pill form and as an external patch.



# Red Raspberry Technical Data

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### Nutrition

<i>Amount in 100g</i>	<i>Block Frozen</i>	<i>IQF</i>	<i>Puree</i>
Brix	10.6-13.0	10.8-13.4	8.0- 15.0
Calories	40.60	44.62	40.43
Calories from Fat	0.36	0.54	0.54
Total Carbohydrates (g)	9.18	9.71	8.99
Lipids (g)	0.04	0.06	0.06
Protein (g)	0.88	1.31	1.09
Dietary Fiber (g)	1.35	2.60	3.05
Sugar(g)	4.97	5.10	4.89
Vitamin A (IU)	50.00	90.00	68.00
Vitamin C (mg)	17.54	15.29	4.26
Calcium (mg)	4.99	13.00	15.00
Iron (mg)	0.38	0.86	1.06
Sodium (mg)	0.54	1.50	1.91

### Chemical Properties

pH	3.0 – 3.66
Titrateable Acid	1.0 - 2.5
Soluble Solids	8.4 – 11.4 Brix
Total Sugar (in 100g)	8-15 g
Glucose	3.5g
Fructose	3.2g
Sucrose-	2.8g
Maltose	0g
Organic Acids – Citric, Maltic, Isocitric	

