

1.4g
protein

22g
carbs



Cherries

✓ Good Source of Fiber

✓ Fat-Free

✓ Cholesterol-Free

✓ Gluten-Free

✓ Sodium-Free

3g
fiber

0.3g
fat

(per cup,
raw with pits)

87
calories

Good source of vitamin C and
phytonutrients

Bing Cherry Nutrition

M. Lamprecht

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Bing Cherry Nutrition:

Nutritional Composition of Fruit Cultivars Monique Simmonds, Victor R Preedy, 2015-10-16 *Nutritional Composition of Fruit Cultivars* provides readers with the latest information on the health related properties of foods making the documentation of the nutritive value of historical cultivars especially urgent especially before they are lost and can't be effectively compared to modern cultivars Because there is considerable diversity and a substantial body of the compositional studies directed towards commercial varieties this information is useful for identifying traits and features that may be transposed from one variety to another In addition compositional and sensory features may also be used for commercialization and to characterize adulteration Detailed characterization of cultivars can be used to identify super foods Alternatively unmasked historical cultivars may be the focus of reinvigorated commercial practices Each chapter in this book has sections on the botanical aspects the composition of traditional or ancient cultivars the composition of modern cultivars a focus on areas of research the specialty of the communicating author of each chapter and summary points Presents the botanical aspects and composition of both traditional and modern plants including in depth insight into current research and overall summary points for each fruit for consistent comparison and ease of reference Provides important information in the consideration of preservation transference or re introduction of historical traditional cultivars into current crop science Provides details on compositional and sensory parameters from aroma and taste to micro and macronutrients Includes data on nutraceuticals and novel components that have proven to impact on or be important in food quality storage processing storage and marketing

Acute Topics in Sport Nutrition M. Lamprecht, 2012-10-17 In high performance sport an optimal diet and nutritional interventions can make the difference between victory and defeat In recent years sport nutrition research has increased This publication provides scientifically based information with regard to the bioefficacy of trendy sport supplements and dietary approaches off the mainstream International experts in the specific fields inform and clarify under which circumstances the application of certain supplements and nutritional interventions would be beneficial either for the performance or health of the athletes A broad spectrum of recent topics in sport nutrition is provided selected sport supplements aside of mainstream nutritional interventions and athlete's health hydration and fluid balance and current aspects in exercise and exercise recovery Finally the publication concludes with recent information about the risk of supplementation and inadvertent doping The book will be of benefit to sport physicians and scientists nutritionists coaches and athletes as well as to the sport nutrition trade and related industries

The Men's Health Big Book of Food & Nutrition Joel Weber, Mike Zimmerman, 2010-12-21 An all encompassing guide to transforming the body in a minimum of time demystifies contradictory dietary guidelines while making recommendations for informed shopping eating and cooking Original

[Agricultural Research](#), 2008

Cherries Jose Quero-Garcia, Amy Iezzoni, Joanna Pulawska, Gregory A Lang, 2017-07-12 Sweet and sour cherries *Prunus avium* and *Prunus cerasus* are important fruit crops for which demand is

high and growing A significant number of new varieties rootstocks and training systems have been released or developed in recent years in order to improve the efficiency and profitability of cherry orchards Cherries Botany Production and Uses covers the genetics ecophysiology production protection and uses of cherries Presenting up to date scientific data and applied information this book is invaluable for researchers teachers and all professionals working in the cherries value chain

Foods & Nutrition Encyclopedia, 2nd Edition, Volume 1 Marion Eugene Ensminger, Audrey H. Ensminger, 2023-07-21

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