



# THE INCABERRY

**Incaberries** are *the* new superfood packed full of nature's nutrients. Organically grown and processed, high in fibre and antioxidants, Incaberries have an amazing taste sensation that starts with a sweet palate and finishes with a fine and delicate sour note. Finally a super berry with a super taste. For once you won't need to compromise taste when seeking health and well being. Grown in the high altitude regions of South America, Incaberries have been eaten there for centuries as a folk medicine.<sup>1</sup>



Here's why you should include these organic dried Incaberries in your healthy eating plan. These golden dried Incaberries are a super berry with a range of important nutrients including:

**Antioxidants** - Dried Incaberries have a higher antioxidant capacity than other known superfoods such as apples, gojiberries, broccoli and pomegranate juice.<sup>2,13</sup> Much of the antioxidants in Incaberries are found in the many seeds found inside the fruit. Incaberries have an ORAC level of 3874 umolTE/100g compared to Gojiberries which have only 3290 umolTE/100g. Antioxidants are natural plant chemicals which the body needs to overcome the damaging effects of free radicals. Free radicals can occur naturally in our body and are also left behind by pollution, cigarette smoke and the sun's radiation. Free radicals damage cell tissues through the process of oxidation which is why substances that prevent this damage are called "anti-oxidants". These Incaberry antioxidant compounds may also have anti-inflammatory functions. Research has found extracts of Incaberries can reduce inflammation in animal studies.<sup>3-5</sup>

**Fibre** – Dried Incaberries contain the highest amount of fibre of all the common dried fruits with 8.6g per 45g serve.<sup>2</sup> That's just over a quarter of an adults daily recommended fibre needs in one serve.<sup>7</sup> More importantly they also contain one of the highest known soluble fibre levels with around 2g per 45g serve similar to prunes.<sup>2</sup> There are two types of fibre the body needs. Insoluble fibre or roughage adds bulk to stools and maintains a healthy bowel function. Whereas soluble fibre which forms a gel in the intestine capable of binding to cholesterol, preventing it from being absorbed and excreting it from the body.<sup>8</sup> Fortunately dried Incaberries contain both.<sup>2</sup>

**Organically grown** – Dried Incaberries have been grown in organic conditions and processed to maintain their organic certification. They have been grown without the use of any pesticides, and unlike most other dried fruits, Incaberries *are* preservative free.

**Gluten free** - Those who need to follow a gluten free diet, which can often be low in fibre, can also benefit from adding high fibre dried Incaberries to their diet.



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**Energy** – Dried Incaberries are a wonderful natural energy booster with a ¼ cup (45g) containing 20g of natural fruit sugars (sucrose, glucose and fructose) and around 550 kilojoules.<sup>2</sup> They are ideal for anyone needing an energy boost. Perfect for the school lunch box, the desk drawer when the mid afternoon munchies strike, and ideal for athletes, rock climbers and bushwalkers. Dried Incaberries are the healthier alternative to muffins, biscuits, chips and crackers. While dried Incaberries have yet to be Glycemic Index (GI) tested if comparing the fibre, carbohydrate and types of sugars present in dried Incaberries with those dried fruits that have been GI tested its possible dried Incaberries would also have a low GI.<sup>6</sup>

**Fat and saturated fat** – Dried Incaberries are very low in fat like other fruits and vegetables with 1.5g fat per 45g serve and are especially low in saturated fat with 0.2g per 45g serve.<sup>2</sup> A diet low in saturated fat is necessary to keep the heart healthy.<sup>9</sup>

**Protein** – Although not very rich in protein, dried Incaberries contain around 3.3g protein per 45g serve which is uncommonly high for dried fruit.<sup>2</sup> This is a similar amount of protein as found in a slice of white bread. Vegetarians need a variety of plant sources of protein to ensure they get all the essential amino acids or building blocks of protein. Dried Incaberries can help contribute to the total daily protein needs.

**Sodium and potassium** – Like other fruits and vegetables dried Incaberries are very low in sodium (salt). However Incaberries have good levels of potassium.<sup>2</sup> These electrolytes are needed by the body but too much sodium and too little potassium can cause changes in heart function.<sup>10</sup> Incaberries are extremely low in sodium and are a very good source of potassium.

**Phosphorus** - Is an essential mineral that forms part of the structure of bone plus is needed in energy metabolism.<sup>11</sup> Dried Incaberries contain around 100mg of phosphorus per 45g or around 10% of an adults recommended daily intake.<sup>2,11</sup> This is very high for a dried fruit.

**Vitamin C or Ascorbic acid** - Is essential for the formation of collagen and bone, aids the absorption of iron and copper and helps vitamin E return to its antioxidant state.<sup>12</sup> Vitamin C is water soluble so found in fruits and vegetables. Dried Incaberries retain 4mg vitamin C per 45g or just under 10% of an adults' daily requirement.<sup>2,12</sup>

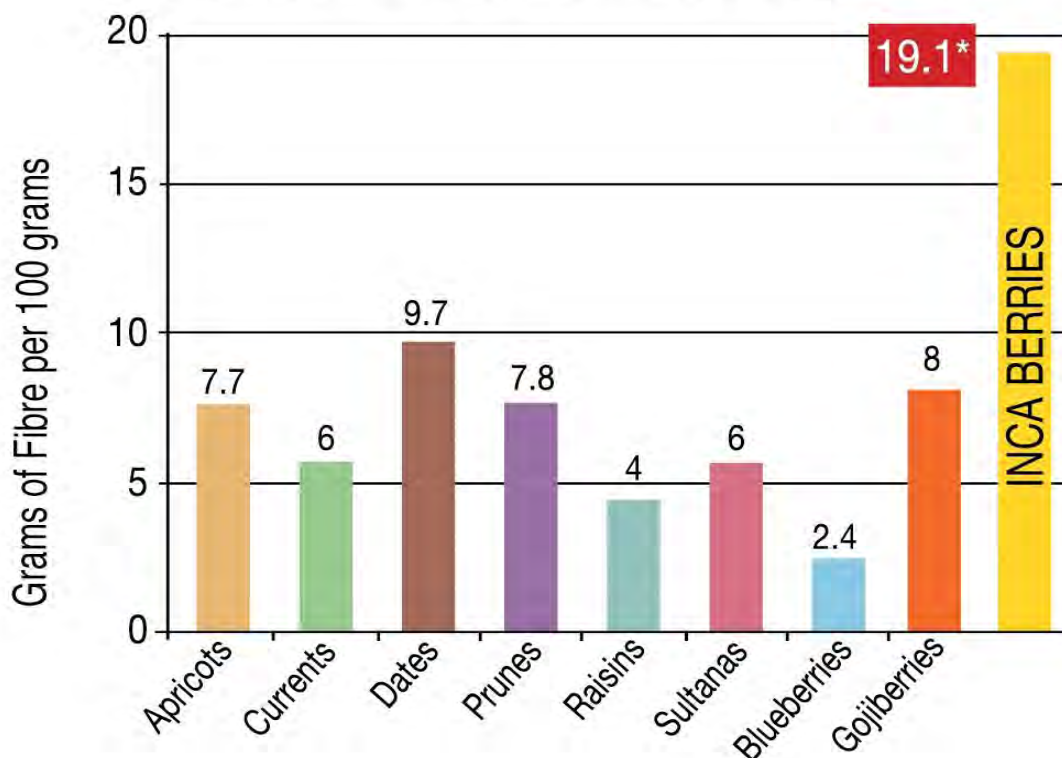
ORAC comparison with known Superfoods	
	Total ORAC umolTE/100g
<b>Incaberry</b>	<b>3874</b>
Raisin seedless	3406
Goji berry raw	3290
Pomegranate juice	2681
Broccoli raw	1510
Green tea brewed	1253
Cranberry juice unsweetened	1452



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Nutrients in Incaberries <sup>2</sup>		
Nutrient	Average quantities per ¼ cup (45g) serve	Average quantities per 100g serve
Energy (kJ)	549	1220
Protein (g)	3.3	7.3
Carbohydrate total (g)	22	49
Sugars (g)	18.5	41
Fibre total (g)	8 (27% RDI)	19.1 (64% RDI)
Fibre soluble (g)	1.8	4
Total fat (g)	1.5	3.4
Saturated fat (g)	0.2	<0.5
Vitamin C (mg)	4.5 (10% RDI)	9 (20% RDI)
Sodium (mg)	<1	<1
Potassium (mg)	675 (18% RDI)	1500 (40% RDI)
Phosphorus (mg)	99 (10% RDI)	220 (22% RDI)
ORAC (umolTE)	1743	3874
Gluten	0	0

DIETARY FIBRE OF COMMON DRIED FRUITS





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## A few tips on how to include Incaberries in your healthy diet

- Add to yoghurts, cereals and soak in bircher muesli
- Soak in juice or water overnight and blend in to your smoothies
- Enjoy a handful mid morning or afternoon to keep you satisfied between meals
- Add to your favourite nut and fruit mixes to improve and enhance the flavour
- Add Incaberries to your salads for something new and exciting
- Use them in addition to, or in place of, sultanas, raisins, gojiberries or blueberries in any recipe
- Add them to your cheese platters. Incaberries compliment cheeses of all kinds
- Make an Incaberry paste using the recipe from our website and spread on cheese and crackers
- Use Incaberries in your casseroles, stews, curries, soups and include in stuffings
- Use in place of sour cherries for something new and special
- Snack on nutritious Incaberries instead of chips, biscuits or muffins
- Look for them chocolate coated in milk chocolate or the healthy 70% cocoa dark chocolate.

**Incaberry Nutrition Comparison to other Dried Fruits per 100g**

	<b>Incaberries</b>	<b>Seedless Raisin</b>	<b>Goji Berries</b>	<b>Dried Apricot</b>	<b>Dried Dates (Medjool variety)</b>	<b>dried Figs</b>	<b>Prunes</b>	<b>Dried Cranberries</b>	<b>Dried Strawberries</b>	<b>Dried Blueberries</b>
Total ORAC umolTE/100g	<b>3874</b>	3406	3290	3234	2387	n/a	8059	n/a	n/a	n/a
Energy (kJ)	<b>1220</b>	1252	950	920	1212	1082	941	1365	1435	1460
Protein (g)	<b>7.3</b>	3.1	10.6	4.5	2	3.6	2.3	0.1	<1	1.2
Fat (g)	<b>3.4</b>	0.5	3.6	0.2	0.2	0.7	0.4	1.4	1.5	<1
Carbs (g)	<b>49</b>	79.2	60	43.5	67.2	54.5	32.5	78	79.5	79
Sugars (g)	<b>41</b>	59.2	17	42.4	65.9	52.6	31	65	16.1	69
Fibre (g)	<b>19.1</b>	3.7	7.4	7.7	9.7	14.3	7.8	5	10	9
Vitamin C (mg)	<b>9.2</b>	2.3	n/a	1	5	0	2	0	0	n/a
Calcium (mg)	<b>24</b>	50	n/a	70	47	200	52	10	n/a	n/a
Iron (mg)	<b>3.1</b>	1.9	n/a	3.3	2.6	1.4	1.1	0.5	n/a	n/a
Phosphorus (mg)	<b>220</b>	101	n/a	126	58	67	58	8	n/a	n/a
Potassium (mg)	<b>1500</b>	749	n/a	1583	730	780	700	40	n/a	n/a
Sodium (mg)	<b>&lt;1</b>	11	31	10	<1	10	2	30	228	6

Sources: USDA ORAC Database release 2

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NUTTAB2006 online, Australian Government National Measurement Institute.

n/a - Data not available



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## This versatile berry can be enjoyed in many other ways –

- Use them in your favorite baking recipes. Try them in breads, cakes, scones, muffins, slices and biscuits.
- This year try them in your Christmas cake and puddings.
- Sensational with chocolate. Try them in anything with chocolate, in slices, fudges, brownies, tortes, cakes, pastries and desserts.
- Make them into amazing jams, pastes and chutneys.
- Great cooked in your main meals in place of other dried fruits
- Especially good as a sauce or fruit chutney with white meats.

## References

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