



Autumn presents



Anthocyanin belongs to the group of flavonoids that give fruits and vegetables their characteristic colours. The more intense the hue, the higher the anthocyanin content. Anthocyanin combats free radicals—unstable molecules that trigger inflammation. Antioxidants neutralize free radicals by donating an extra electron. An excess of free radicals in your body can lead to chronic diseases and accelerate the aging process.

A diet rich in antioxidants promotes and maintains your health. Inflammation triggered by free radicals is not a positive reaction—unlike the acute inflammation that normally helps the body heal injuries or fight off pathogens. If these free radicals are not reduced, inflammation persists, which in turn generates more free radicals. Anthocyanin is effective against both free radicals and inflammation.

What effects does anthocyanin have?

- Since many types of antioxidants lower blood pressure, they relieve strain on the heart. Anthocyanin can help lower LDL cholesterol and raise HDL cholesterol, thereby improving blood flow within the blood vessels.
- Because inflammatory processes play a role in the development of type 2 diabetes—and certain types of anthocyanin can lower blood sugar levels and improve insulin sensitivity—studies suggest that an anthocyanin-rich diet can reduce the risk of type 2 diabetes.
- Anthocyanin protects nerve and brain cells from damage caused by oxidative processes (triggered by so-called free radicals) as well as from toxic substances.
- Anthocyanin helps to protect your skin from UVB rays. UV damage is one of the primary causes of accelerated skin aging.
- Anthocyanin from dark-colored berries, in particular, have a protective effect on the eyes and can help prevent retinal degeneration.

- Anthocyanin possesses antimicrobial properties and inhibits the growth of bacteria, particularly *Listeria*, *E. coli*, and *Staphylococcus aureus*.
- Studies suggest that anthocyanin reduces the incidence of immune system disorders. Because anthocyanin acts as effective antioxidants in preventing disease or reducing disease risk, it also serves as an anti-aging remedy.

Also of interest: A study involving identical twins revealed a link between higher flavonoid intake—specifically anthocyanin—and lower fat mass.

Which autumn fruits and vegetables contain anthocyanin?

- Black elderberries are particularly rich in anthocyanin and fiber; thanks to their vitamin C content, they also possess immune-boosting properties.
- Blackcurrants are among the fruits with the highest anthocyanin content.
- Blackberries and black raspberries contain cyanidin—a specific anthocyanin that protects nerve and brain cells.
- Wild blueberries contain more antioxidants than commercially available cultivated blueberries.
- With plums and prune plums, it is the dark purple varieties where anthocyanin is found primarily in the skin—so be sure to eat it!
- Wild blueberries are among the richest natural sources of anthocyanin. Unfortunately, only cultivated blueberries are usually available in standard retail stores.
- Eggplants concentrate these valuable compound in their skin, which is why it should definitely be eaten along with the flesh.
- Red cabbage contains over 20 different kinds of anthocyanin.

Enjoy the variety of these valuable gifts and look for organic quality when shopping.

Learn more:

<https://www.ad-hoc-news.de/wissenschaft/anthocyane-50-mg-taeglich-reduzieren-herz-kreislauf-risiko-um-26-percent/69704523>

<https://ewandel.de/magazin/anthocyane-forschung>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7504512/pdf/molecules-25-03809.pdf>

