

### **Cranberry Juice**

Compounds in cranberry juice are said to help prevent and relieve attacks of cystitis (bladder infections) by preventing bacteria attaching to cells in bladder walls and in the urinary tract.

Look out for cranberry juice that has no added sugar and avoid the cranberry juice drinks, which are sweetened with sugar.

A small glass of cranberry juice counts as one portion of the recommended 5 a day.