

Blackcurrant 'is top superfruit'



DUNDEE Blackcurrants have been hailed as the ultimate “superfruit” that can help to fight cancer, heart disease and Alzheimer’s, according to a review of published research.

The British berry was judged to be more nutritious than many other fruits, including blueberries and goji berries. The analysis by the Scottish Crop Research Institute (SCRI) concluded that the blackcurrant contained more vitamins, minerals and antioxidants than 20 other fruits tested. Researchers said that compounds in the berry called anthocyanins can help to prevent a myriad of ailments, including MRSA infection and diabetes.