Blackberry Health Benefits: Self-Assessment Quiz

1. Blackberries belong to what genus?
2. *Ribes*
3. ***Rubes***
4. *Vaccinium*
5. *Vitis*
6. Blackberries are classified as what type of fruit?
7. Drupe
8. Simple
9. **Aggregate**
10. Multiple
11. Phenolic content of blackberries is influenced by?
12. Genetics
13. Environmental growing conditions
14. Maturation
15. **All of the above**
16. The major anthocyanin in blackberries is?
17. **Cyanidin 3-glucoside**
18. Cyanidin 3-rutinoside
19. Cyanidin 3-xyloside
20. Malvidin 3-glucoside
21. Blackberries are a good source of all of the following phenolic compounds except?
22. Anthocyanins
23. Flavonols
24. Ellagitannins
25. **Isoflavones**
26. The most abundant class of phenolic compounds in green immature blackberries are?
27. Anthocyanins
28. Flavonols
29. **Ellagitannins**
30. Flavones
31. Blackberries have been shown to scavenge which free radicals?
32. Peroxyl
33. Hydroxyl
34. Superoxide
35. **All of the above**
36. Blackberry compounds responsible for astringent taste are called?
37. Anthocyanins
38. **Ellagitannins**
39. Flavonols
40. Benzoic acid
41. Blackberries have been shown to reduce which of the following chronic diseases?
42. Obesity
43. Neurodegenerative diseases
44. Diabetes
45. **All of the above**
46. The major mechanisms responsible for blackberries protection against age-related diseases include?
47. Reduced oxidative stress
48. Reduced inflammation
49. Reduced respiration
50. **Both a and b**