



GRAPES & YOUR special diet

Good news: fresh, juicy grapes can fit into most all eating plans.

Gone gluten-free? Deciding which foods are diabetic-friendly? Sticking to low sodium selections? With their juicy and delicately sweet flavor, crisp bite, and ready-to-enjoy-anytime ease, it's hard to resist grapes. If you've got a special dietary need, we've got good news: grapes fit!

Nutritionally speaking, grapes are a good source of vitamin K – which studies suggest may be important for heart and bone health. They're naturally fat- and cholesterol-free, and low in sodium. A ¾ cup serving has just 90 calories. Additionally, grapes contain special plant compounds called polyphenols that are linked to health benefits. Polyphenols are found in every part of the grape: skin, flesh, and seeds, and in all colors of grapes, too: green, red, and black.

No matter your specific dietary need, you can enjoy grapes. Here's how:



gluten-free Diet

Grapes are naturally gluten-free, so they easily fit into a gluten-free diet – and can make the gluten-free foods you eat more interesting.

Try grapes: Tossed with gluten-free grains like quinoa, brown rice, and amaranth. Grapes add juiciness to grain salads and side dishes—along with brilliant color and a touch of sweetness. Visit [Grapes from California](#) for great gluten-free recipes.



heart-healthy Diet

Naturally fat- and cholesterol-free, and very low in sodium, grapes are a perfect fit for a heart-healthy diet. Grapes also help promote the relaxation of blood vessels to support healthy circulation. Other studies show grapes' potential to favorably impact blood lipids and help reduce oxidative stress. [\[Click Here for Recipes\]](#)

Savor grapes: Grape and Salmon Power Salad combines the polyphenol promise of grapes with heart-healthy, omega-3 rich salmon and walnuts, plus kale in a whole-grain base. [\[Click Here for Recipe\]](#)



fodmap Diet

Grapes can fit into a low FODMAP diet.
6 grapes = low FODMAPs
10 grapes = moderate FODMAPs



diabetic Diet

Grapes are a low glycemic fruit and can easily fit into a balanced diabetic diet plan. A half-cup of grapes is considered one serving in a diabetic diet plan – about 10 grapes, depending on size.

Recent research indicates that grapes may help lower the risk of developing type 2 diabetes. Greater consumption of certain whole fruits – particularly grapes, apples, pears and blueberries – is associated with a significantly lower risk of developing type 2 diabetes.¹

Enjoy grapes: Frozen – they taste like a mini-sorbet but with no added sugar! Simply give the grapes a quick rinse and pat dry. Then put the grapes in a single layer on a sheet pan and pop them into the freezer for two hours.



sodium-controlled Diet

If you're following a diet that's limited in sodium, grapes are a great fit: they have just 15 mg in a ¾ cup serving. Use them to add a burst of juicy flavor to lower-sodium dishes that need a little extra lift.

Sip grapes: Whirled into a smoothie for a quick and easy breakfast or pick-me-up snack. [\[Click Here for Recipe\]](#)

¹Fruit consumption and risk of type 2 diabetes: results from three prospective longitudinal cohort studies. BMJ2013;347:f5001.

