

# Healthy Eating

featuring Grapes from California



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When it comes to nutrition counseling, there's one thing that never changes: consumers want to know the bottom line on what to eat for better health.

The fact sheets in this collection were specifically designed with that in mind. Each handout provides a consumer-friendly summary on current topics in health and nutrition, and offers practical, easy ways for clients to make positive changes that help promote better health.

Heart-healthy grapes are familiar and convenient, and easily fit into any eating plan. Whether your clients are looking for healthy snacking ideas, ways to add in more fruits and veggies, how to adopt a Mediterranean diet mindset or want tips to enjoy more whole grains, you'll find plenty of useful and timely handouts to complement your education efforts.

Including fresh grapes in meals and snacks is a deliciously simple way to help clients boost their fruit intake and reinforces what dietitians have always known: that healthy eating can taste great!

All of these fact sheets are available for download too, and can be found at [\*\*www.GrapesfromCalifornia.com/factsheets.php\*\*](http://www.GrapesfromCalifornia.com/factsheets.php).

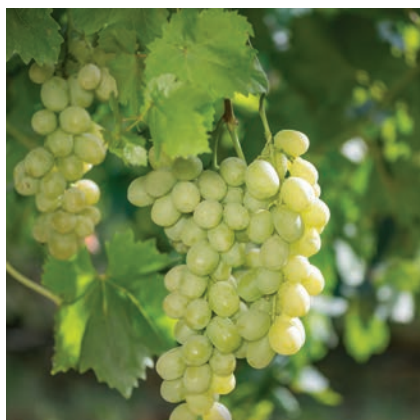
## GRAPES from California

# A Bunch of Cool Facts



### California: The State of Your Local Grape

- 99% of table grapes grown in the United States are from California.
- Growing table grapes is a family tradition in California, with know-how passed generation to generation.
- California grapes are grown throughout a long season and are available from May through January.



### Beautiful, Varied and Delicious

- Fresh grapes from California come in three vibrant colors: green, red and black.
- There are more than 85 varieties of fresh grapes grown in California, and each variety has characteristics and flavors all its own.

### A Most Versatile Fruit

- Grapes from California are a healthy, portable and tasty snack ideal for eating anytime, anywhere.
- Fresh grapes add color, crunch and a light touch of sweetness to meals. In salads, side dishes, entrees and desserts, grapes make the plate!

### How to Buy, Store and Serve

- Grapes are fully ripe when they arrive at the supermarket.
- Look for plump grapes with pliable green stems.
- See a powdery-white coating on the grapes? That's bloom and it's good! Bloom is a naturally occurring substance that protects grapes from moisture loss and decay.
- Keep grapes unwashed and refrigerated until ready to use, then rinse with cold water and serve, or add to recipes.

### Grapes for Nutrition, Health and Vitality

- A  $\frac{3}{4}$  cup serving of grapes contains just 90 calories, no fat, no cholesterol and virtually no sodium. Grapes are an excellent source of vitamin K.
- Grapes are a natural source of beneficial plant compounds, including antioxidants and other polyphenols.
  - Mounting evidence suggests that the polyphenols found in all colors of table grapes support a healthy heart.
  - Research is ongoing to uncover the links between grapes and healthy aging.

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# GRAPES from California

# Grape Goodness

The News is Out: Grapes are Good for You!

## Health Benefits

Red, green or black, you'll find the goodness of grapes in every color.

Grapes are a natural source

of beneficial antioxidants and other polyphenols. They're found in every part of the grape: the skin, the flesh and the seeds. Polyphenols are thought to work by protecting the health and function of cells, which in turn help promote good health.



## Emerging Research

Grapes and their intrinsically health-promoting compounds are also being studied for their potential benefits related to other aspects of health. For example, recent research suggests that grapes, along with a few other select fruits, may help lower risk of type 2 diabetes. While promising, more research is needed to confirm the benefits of grapes in diabetes.

Research is ongoing to uncover the links between grapes and healthy aging, including eye health, brain health, joint health, cell health and more.



## Heart Health

Research shows that grape polyphenols may contribute to a healthy heart. Grape-enriched diets can help promote the relaxation of blood vessels to improve blood pressure and blood flow; they also promote antioxidant activity that may help reduce oxidative stress; and are thought to play a role in maintaining healthy blood lipids.

## Nutritional Facts

A ¾ cup serving of grapes contains just 90 calories, no fat, no cholesterol and virtually no sodium. Grapes are an excellent source of vitamin K, and contain 7% of the daily recommended value for potassium.

## Healthy is Easy with Grapes

Grapes add great taste to a healthy lifestyle. They're the original snackable fruit – easy to share and just as easy to tote when you're on the run. Grapes can help transform meals from ordinary to extraordinary when tossed into salads, sandwiches and smoothies. And their delicately sweet flavor cozies up to everything from salty and spicy to creamy and crunchy.

- **Elevate your plate.** Mix red grapes with mango, papaya, jalapeño and lime juice to create a super salsa topping for grilled fish. Or go Italian with prosciutto, green grapes, garlic and Parmesan cheese over fettuccine.
- **Add star appeal to salads.** Create an Asian chicken salad by tossing grapes with chunks of teriyaki chicken and rings of mini sweet peppers and rice wine vinaigrette. Turn up the color and flavor of your favorite tuna salad by adding grapes. Or fluff fragrant brown basmati rice with roasted grapes, ginger and basil for a spectacular sidedish.
- **Wrap it up.** Add vibrant red grapes to curried chicken salad wraps or go Latin with sliced turkey, shredded lettuce, cabbage and grapes in a creamy lime dressing, wrapped into a tortilla spread with mole sauce.
- **The perfect ending.** Try white or dark chocolate-dipped grapes instead of strawberries for a sweet treat. Or instead of sorbet or ice cream, serve frozen grapes for a lower-calorie option.

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# GRAPES from California

## Add 'Em In

### Easy Ways to Eat More Fruits and Veggies

You know you should be eating more fruits and vegetables as part of a healthy diet. The question is, how do you do it?

#### Bountiful Benefits

Eating a diet rich in fruits and vegetables is one of the best things you can do to promote good health. Research shows that people who eat fruits and vegetables as part of an overall healthy diet have a lower risk of heart attack, stroke and certain types of cancer. The different nutrients in fruits and veggies – like fiber, vitamins A and C, potassium and folate – may play a role in helping to lower blood pressure, reduce risk for obesity and type 2 diabetes and more. Plus, since most fruits and veggies are lower in calories compared to other foods, they're a great choice to help manage your weight.

#### How Much Do I Need?

Getting the recommended amount of fruits and vegetables isn't as hard as you think. Most people – kids and adults alike – need 1½ to 2 cups of fruit and 2 to 3 cups of vegetables daily. Make it simple by putting the focus on filling half your plate at every meal – breakfast, lunch and dinner – with fruits, vegetables or a combination of them, and including fruits and veggies as snacks. You'll be surprised how quickly you'll reach your goal!



Try these deliciously easy ways to boost fruits and veggies in your diet:

#### At Meals

- ▶ Shred carrots or zucchini into meatloaf, muffins and casseroles.
- ▶ Fluff brown basmati rice with roasted grapes, ginger and basil for a fruit-studded side dish.
- ▶ Skewer a mix of marinated veggies and beef or chicken and grill. Or be daring and sub pineapple chunks, peaches and grapes in place of the vegetables.
- ▶ Mix halved grapes or diced apple into tuna or chicken salad.
- ▶ Top your breakfast cereal or yogurt with fresh fruit.

#### At Snacks

- ▶ Keep a bowl of fresh fruit on the table and cut up veggies in the fridge for easy pickings.
- ▶ Enjoy frozen grapes for a refreshing midday pick-me-up.
- ▶ Spread crunchy peanut butter on apple slices.
- ▶ Make an English muffin pizza and create a face using veggies—a kid favorite!
- ▶ Toss whole grapes into the blender with yogurt, banana, a handful of spinach, a splash of fruit juice and some other fruits for a stellar after-school smoothie.

#### Super Easy

- ▶ Pre-cut veggies and bagged salad greens make salads and side dishes a snap.
- ▶ There's no easier snack choice than a cluster of grapes: no peeling, no coring, no prep. Simply rinse and enjoy.
- ▶ Keep canned fruits (packed in their own juice) and bags of frozen fruit on hand.

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## Drink – and Eat! – to Hydrate for Health

Staying hydrated should be a top priority for good health, no matter the season or weather outside. Foods with high water content, such as grapes, can help quench thirst and contribute to water intake in addition to beverages.



### Essential for Life

It's probably no surprise that water plays a critical role in the body– you can't live without it! Water is vital to every cell, tissue and organ in order for them to work properly.

Did you know that a typical adult loses about ten cups of fluid a day just through normal body functions like perspiring, breathing and urinating? That's a lot—which is why staying hydrated is so important!

### Drink and Eat to Hydrate

Drinking beverages is one way to stay hydrated. In fact, about 80 percent of our total fluid intake comes from drinks. Surprisingly, the remaining 20 percent comes from many of the foods we eat. Fruits and vegetables, for example, contain large quantities of water that are easily absorbed and used by the body for hydration the same way it uses the fluids we drink.

### How Much?

Daily fluid needs differ for men and women, and can increase depending on other factors, such as high levels of physical activity, prolonged exposure to heat or humidity, and illness. The Institute of Medicine recommends that healthy people generally aim for these amounts of total fluid, from a combo of beverages and foods, per day:

- ▶ Men: 15-plus cups
- ▶ Women: 11-plus cups
- ▶ Children and Teens: 7-14 cups



One serving of grapes provides over 1/3 cup of water.

### Hydrate with Grapes from California

Fresh grapes are about 82 percent water, which explains their juicy and refreshing appeal. Plus, grapes are healthy, portable and delicious. Whether at home or on the go, think beyond beverages to help hydrate. Popping grapes can help quench thirst pretty much anytime, anywhere!

### Frozen Grapes: A Cool, Refreshing and Hydrating Treat

Freezing grapes is simple and easy, and can be done with small clusters or individual grapes. Just give the grapes a quick rinse and pat dry. Then put the clusters of grapes in a bowl, or the loose grapes in a single layer on a sheet pan, and pop them in the freezer. After two hours the grapes are ready to eat.

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# For a Snacking Good Time!

### So Beautiful, So Snackable, So Tasty

Fresh grapes from California make the perfect snack anytime, anywhere. Why? Because grapes are:

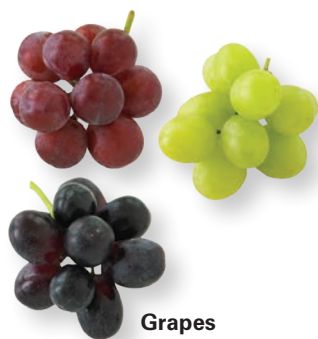
- ▶ Easy to eat – an ideal finger food – and easy to share
- ▶ Compatible with a variety of foods and flavors
- ▶ Juicy and hydrating
- ▶ Satisfying and delicious
- ▶ No fuss, no muss (no peeling, no coring)
- ▶ Packable – you can take them with you
  - Pack them in a plastic or reusable bag or container – they're remarkably durable and won't brown or spoil during the day.
- ▶ Energizing
- ▶ Healthy
  - A  $\frac{3}{4}$  cup serving of grapes contains just 90 calories, no fat, no cholesterol and virtually no sodium. Grapes are an excellent source of vitamin K.
  - Grapes are a natural source of beneficial plant compounds, including antioxidants and other polyphenols.



### Frozen Grapes: Just Like a Mini-Sorbet

Freezing grapes is simple and easy, and can be done with small clusters or individual grapes. Just give the grapes a quick rinse and pat dry. Then put the clusters of grapes in a bowl, or the loose grapes in a single layer on a sheet pan, and pop them in the freezer. After two hours the grapes are ready to eat.

### Hmm, Which Snack to Choose?



**Grapes**  
 $\frac{3}{4}$  cup  
90 calories



**French Fries Small**  
2  $\frac{1}{2}$  oz.  
229 calories



**Chips**  
7 chips  
140 calories



**Cookies  
(chocolate chip)**  
4 cookies  
190 calories



**Cheese and crackers**  
1 slice cheese +  
5 crackers  
150 calories

Grapes can satisfy without the added fat, salt and sugar found in many processed snacks.

### Grapes, the natural snack.

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## GRAPES from California

# Make It Mediterranean



For thousands of years, grapes have been a key ingredient in the Mediterranean diet. In today's modern kitchens, juicy, sweet Grapes from California help make Mediterranean-inspired meals more colorful and flavorful.

### What is the Mediterranean diet? Fresh, flavorful food!

The Mediterranean diet is not a prescribed "diet" in the usual sense, but rather an approach to eating, where fruits and vegetables, whole grains, beans and legumes, nuts and seeds, and healthy fats such as olive oil are to be enjoyed at every meal.

Fish and shellfish are included at least twice a week, while meats and sweets are deemed "sometimes" foods to be eaten only occasionally.

Of equal importance is that the Mediterranean diet is also a way of living: along with eating traditional foods from the countries that surround its namesake sea, being physically active and enjoying meals with others are also key to the Mediterranean way.



### Why should I eat a Mediterranean diet?

Consuming a Mediterranean diet is associated with numerous health benefits including helping to:

- Increase lifespan
- Lower risk of heart disease and stroke
- Lower risk of certain cancers
- Control blood sugar levels
- Support weight loss
- Reduce inflammation



### Salute!

Get inspired by the Mediterranean by making these simple changes in the way you eat:

**Boost your fruits and veggies.** Fill half your plate at lunch and dinner with a variety of fruits and vegetables.

**Reel in omega-3s.** Fatty fish like tuna, salmon and sardines are rich in omega-3 fatty acids, which are beneficial to heart health. Grapes pair especially well with seafood.

**Focus on good fats.** Extra-virgin olive oil, avocados, nuts, seeds and olives are the sources of fat in a Mediterranean diet. Use these in place of – not in addition to – butter, margarine and other fats.

**Think Whole.** Whole grains, that is. Try barley, bulgur, farro, wheat berries or whole-wheat couscous. A favorite: fruited tabbouleh featuring bulgur mixed with grapes, oranges, mint, ginger and cumin.

**Minimize meat.** Portion sizes of meat are small – just 3 ounces or less – and meat is more of a garnish than the star.

**Downsize dairy.** Plain or Greek-style yogurt is delicious as is, stirred into sauces or topped with fresh fruit. Enjoy small amounts of cheese and pair with luscious grapes and other sliced fruit.

**Season with spices and herbs.** From cinnamon, cumin and za'atar to basil, mint and garlic, it's easy to add a taste of the Mediterranean to meals.

**Rethink dessert.** Forget the cake and ice cream – save those for special celebrations. Eat fresh fruit for dessert instead, like juicy grapes.

**Simplify beverages.** Water is the recommended thirst quencher, throughout the day and with meals. For those who enjoy wine, you may do so in moderation with meals.

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# GRAPES from California

## Grapes Make Whole Grains Great

### For a Sweet Note, Add the Goodness of Grapes to Whole Grains

Spicy or mild, sweet or savory, crunchy or smooth, warm or cold: versatile Grapes from California add color and sparks of delicate sweetness to favorite whole grain entrées, salads and sides.

#### Whole Grains 101

Whole grains are grains that contain all three essential parts of the grain kernel: the bran, germ and endosperm. In refined grains, the bran and germ are removed.



#### Whole Grains and Health

Numerous studies show the benefits of eating whole grains as part of a healthy diet, but there is a significant whole grain gap: one out of five Americans report eating no whole grains at all.

Eating three or more servings of whole grains daily may help reduce the risk of heart disease, diabetes and some cancers. Plus, research shows that people who eat whole grains are more likely to have healthier body weights compared to those who don't, and more successfully maintain their weight.

Whole grains offer fiber, iron, manganese, thiamin, selenium and more. Some whole grains – like amaranth, quinoa and buckwheat – are even a surprisingly good source of protein.

The Dietary Guidelines for Americans recommend making half or more of the grains you eat each day whole grain.

#### Whole Grain Favorites

**Amaranth:** Among the grains highest in protein, don't be fooled by amaranth's tiny seeds: its nutty, sometimes peppery taste adds flavor and texture to dishes.

**Farro:** Sometimes called emmer, farro is an ancient grain with a chewy, dense texture and a rich, nutty flavor. Whole farro must be soaked overnight.

**Freekeh:** Green wheat that's harvested when young and then roasted, freekeh's flavor has a grassy and smoky bent, with a slightly chewy texture. Freekeh has more fiber than most other grains and can be used instead of barley or brown rice in dishes.

**Quinoa:** Whether you prefer its more traditional light-brown color or vibrant red, purple or black, quinoa's small sesame-seed size packs a powerful protein punch.

**Brown Rice:** Compared to its white counterpart, brown rice is higher in vitamins, minerals and fiber. Long, medium or short-grain, it has a nutty, mild flavor.

**Wheat berries:** These whole-wheat kernels need to be cooked in liquid until they're soft with a slightly chewy texture. Wheat berries absorb flavors well.

#### Gone Gluten-Free?

If you've gone gluten-free and thought you had to give up whole grains, here's good news: there are plenty of gluten-free whole grains that you can enjoy! Quinoa, amaranth, brown and wild rice, corn and buckwheat are all gluten-free grains.



**Quinoa Salad with Grapes, Almonds and Spinach**  
[www.GrapesfromCalifornia.com/recipes](http://www.GrapesfromCalifornia.com/recipes)

## Grapes and Whole Grains: The Perfect Combination

Grapes help whole grains go from ho-hum to yum! Besides adding a sweet balance, grapes also help keep whole grains moist.

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## GRAPES from California

# Grapes & Your Special Diet



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 an excellent source of vitamin K – which studies suggest may be important for bone health. They're naturally fat- and cholesterol-free, and low in sodium. A  $\frac{3}{4}$  cup serving has just 90 calories. And like other fruits and vegetables, grapes contain special plant compounds called polyphenols that may offer 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 [www.GrapesfromCalifornia.com](http://www.GrapesfromCalifornia.com) for great gluten-free grain recipes.

### 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 greater consumption of certain whole fruits – particularly grapes, apples, pears and blueberries – is associated with a significantly lower risk of developing type 2 diabetes.

**Enjoy grapes:** Frozen – they taste like a mini-sorbet but with no added sugar! Simply rinse, pat dry, then pop them into the freezer for two hours.

### Heart Healthy Diet

Naturally fat- and cholesterol-free, and very low in sodium, grapes are a perfect fit for a heart healthy diet. Research shows that credit for grapes' heart health benefits may be at least partially due to the polyphenols in grapes that help promote the relaxation of blood vessels to support healthy blood flow and pressure. Other studies show grapes' potential to favorably impact blood lipids and help reduce oxidative stress.

**Savor grapes:** Our 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.

[www.GrapesfromCalifornia.com/recipes](http://www.GrapesfromCalifornia.com/recipes)



### 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  $\frac{3}{4}$  cup serving. Use them to add a burst of juicy flavor to lower-sodium meals and dishes that need a little extra lift.

**Sip grapes:** Whirled with green tea into a smoothie, for a quick and easy breakfast or pick-me-up snack.

#### Grape & Green Tea Smoothie

1 cup green grapes, rinsed  
 $\frac{1}{2}$  cup cold water  
 $\frac{1}{2}$  cup diced pineapple  
 $\frac{1}{2}$  cup ice cubes  
2 teaspoons sweetened green tea powder (or  $\frac{1}{2}$  cup brewed and cooled green tea sweetened with 1 teaspoon sugar)

Puree all ingredients in blender until smooth. Makes 1 serving.

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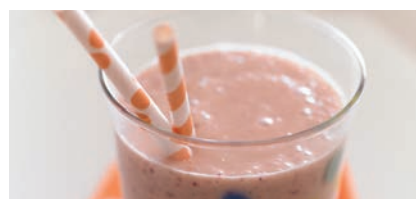


# GRAPES from California

## The “Go-To” Fruit

### Transform Ordinary Meals. Add Grapes from California.

Juicy and crisp, Grapes from California are perfect on their own, of course, but they’re also an easy, tasty add-in ingredient to rejuvenate tried-and-true recipes, snacks and meals. That’s why they’re your “go-to” fruit when your meals and snacks need a lift. Here are a few great add-in ideas:



### Add ‘em in to Salads, Sandwiches and Smoothies

- ▶ Whole grapes make favorite **salads** more lively and colorful, whether they are homemade or from take-out. Traditional green, the classic Caesar, a favorite slaw – the list goes on – benefit greatly from the addition of the sweet-tart flavor of grapes. Besides complementing the main ingredients in salads, grapes go with just about any dressing from ranch to balsamic to blue cheese.
- ▶ Tuna, chicken or turkey salad **sandwiches** are healthier and fresher with the addition of grapes and a welcome change of pace. Halving the fruit is sometimes the best way to use them in a sandwich mix, and grapes retain their juiciness without releasing unwanted liquid into the mix.
- ▶ For a breakfast or after-school **smoothie**, just toss whole grapes into a blender with other ingredients. The result is a naturally sweet and colorful, energy-filled drink that contains all the healthy goodness of grapes.

### More Grape Benefits, Boons, and Bonuses

- ▶ Grapes from California come in vibrant hues of green, red and black to add color and beauty to every dish.
- ▶ Each of the 85-plus varieties has a taste and texture all its own.
- ▶ Grapes contain antioxidants and other polyphenols that help contribute to heart health and may play a role in healthy aging.

### Fresh Grapes Complement Nearly Every Flavor

Fresh grapes enhance other foods and are extremely versatile in the kitchen. For flavor combinations that sing, try these:

- ▶ Spicy hot – Succulent grapes help cool the heat of spicy foods, including curry – both Thai and Indian style – burning hot Southeast Asian sambal and North African harissa.
- ▶ Salty – Salty ingredients such as bacon, soy sauce and cheese (think feta) are balanced and enhanced with the sweet-tart juice from grapes.
- ▶ Tart – A vinaigrette seems less vinegary when paired with grapes. They go great with all citrus flavors, too.
- ▶ Nutty – You’ve seen grapes on cheese plates nestled near the nuts. Now try them in a wild-rice walnut stuffing or a salad with honeyed pecans.

JUST ADD’EM IN. IT’S THAT SIMPLE.

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# GRAPES from California

## Waist-Watching Tips with Grapes

Losing weight - and keeping it off - isn't easy. But being at a healthy weight is important for good health, and can help lower your risk for developing conditions like type 2 diabetes, heart disease, arthritis and more. Fresh grapes are a tasty and calorie-smart way to help you achieve your goals.



### Partner with Produce

Fruits and veggies are a secret weapon when it comes to weight management. That's because most are high in water and also contain fiber so they can help fill you up and curb hunger pangs. They're also typically lower in calories compared to many other foods.

### Ideal Snack

Grapes from California are a great choice if you're watching your weight: grapes are healthy and delicious, with a juicy burst of flavor in each bite, and just 90 calories in a 3/4 cup serving. That's a bargain compared to other highly processed, calorie-rich foods and snacks. Plus, grapes are convenient – the ultimate anytime, anywhere snack to tote along – so you're ready when hunger strikes.

### Healthy Ingredient

Besides being the perfect snack, adding grapes to your favorite recipes and meals can also help you curb calories. Consider a typical creamy tuna or chicken salad: replacing a third of it by mixing in fresh grapes not only boosts flavor and nutrition, but it reduces calories by about 25 percent each serving. You save calories and add more fruit to your day!

### Mindful Munching

- ▶ Feature grapes on your cheese and cracker appetizer plate—you'll likely eat less cheese and crackers overall.
- ▶ Fill half your plate with fruits and veggies – you'll have less room for higher calorie entrees and sides.
- ▶ Choose fruit, such as refreshing frozen grapes, instead of calorie-rich sweet treats like ice cream.
- ▶ Keep a bowl of grapes on the counter when making dinner for guilt-free snacking while waiting for your meal.

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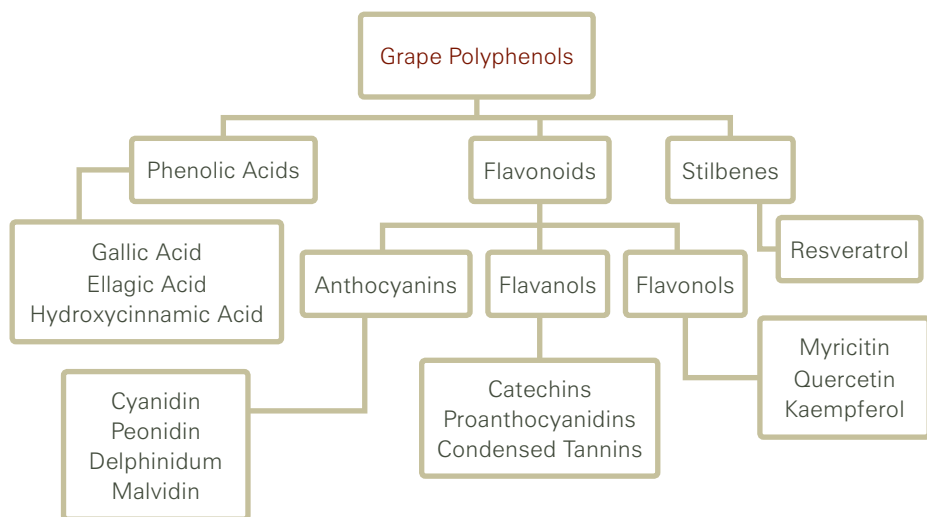
## GRAPES from California

# The Power of Polyphenols

You love grapes for their delicately sweet flavor, crisp bite and beautiful colors. But did you know there's health-promoting power in those bunches too?

Grapes are a natural source of beneficial plant compounds called polyphenols, which are associated with numerous health benefits, from heart health to healthy aging. Polyphenols are found in every part of the grape: skin, flesh and seeds, and in grapes of all colors – red, green and black.

There are three main families of polyphenols in grapes: phenolic acids, flavonoids, and stilbenes, each with their own particular family "members," some of which are depicted below.



Polyphenols appear to work by protecting the health and function of our cells, which broadly affects health. Research suggests that polyphenols work in more than one way, promoting antioxidant activity and influencing cell communications that affect important biological processes.

### About Resveratrol

Resveratrol is a specific polyphenol that's garnered scientific and media attention for its potential health benefits. Grapes are one of the main natural dietary sources of resveratrol. All colors of grapes contain resveratrol, which is found in the grape skin. Perhaps more importantly, grapes offer hundreds of natural plant compounds – including many other polyphenols – and these may work together with resveratrol to contribute to health.



### Heart Health

Grape polyphenols help contribute to a healthy heart by promoting the relaxation of blood vessels to help maintain healthy blood flow and function. Polyphenols may also help support healthy blood lipids, as well as antioxidant and anti-inflammatory activities that can help maintain heart health.

### Healthy Aging

In addition to heart health, grape polyphenols may also play a role in healthy aging. Preliminary studies suggest that grape polyphenols may benefit eye health, bone health, brain health, bladder health, and liver health. And they may help maintain cell health to help prevent certain cancers. Eating grapes has also been linked to a lower risk of diabetes. Research is ongoing in these and other important areas of health.

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## California Table Grape Commission

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