

GRAPES from California

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.

To learn more about Grapes from California visit www.GrapesfromCalifornia.com

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