

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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