



GRAPES
FROM
california

GRAPE *goodness*

7 reasons to eat more grapes

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 that are found in every part of the grape: the skin, the flesh, and the seeds. These compounds help support healthy cell function, which is critical to good health.

Grapes are associated with a variety of potential health benefits throughout multiple areas of the body.



1. Love your *heart*

Grapes are a heart-healthy food. Grapes also support heart health by promoting the relaxation of blood vessels to help maintain healthy circulation. For instance, **in one human study**, consuming grapes improved antioxidant capacity and blood vessel function, and when consumed with a high-fat diet, grapes prevented the damaging effects on blood flow that were seen with the high-fat diet alone.



2. Feed your *brain*

Heart-healthy grapes may also contribute to brain health. In a **recent study**, consuming grapes helped preserve healthy metabolic activity in regions of the brain associated with early-stage Alzheimer's disease, where metabolic decline takes hold.



3. Support a healthy *gut*

Consuming grapes every day may be good for colon health. In **two studies**, people who consumed grapes showed a reduction in certain genes responsible for promoting tumor growth in the colon. Another study found that grapes helped increase diversity of bacteria in the gut which is linked to overall health.



4. Eat to maintain *immune* health

Natural grape compounds, including resveratrol and certain flavonoids, may help maintain a strong immune system. At 82% water, grapes are very hydrating, and are also a good source of vitamin K, which **research suggests** may help maintain health during COVID-19.



5. Love the *skin* you are in

Yes, grapes are naturally hydrating and deliver beneficial antioxidants and other polyphenols, but there is more! Grapes may support healthy skin even when exposed to UV light. **In a recent study**, people consuming 2 1/4 cups of grapes every day for two weeks showed increased resistance to sunburn and reduced markers of UV damage in skin cells.



6. Fuel your workouts with hydrating *energy*

Perfectly portable California grapes are a healthy and hydrating source of energy that is perfect for pre- and post-workouts. Bring grapes with you for a snack you can feel good about. Grapes are 82% water!



7. Grapes are a good source of *vitamin K*

Vitamin K helps promote heart and bone health, and is linked to healthy insulin and glucose metabolism. Vitamin K promotes wound healing as well. It has been linked to supporting lung health during COVID-19.

