

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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