

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 ¾ 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 [Grapes from California](#) 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.

[\[Click Here for Recipe\]](#)



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 ¾ 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
½ cup cold water
½ cup diced pineapple
½ cup ice cubes
2 teaspoons sweetened green tea powder (or ½ 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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