

# ALL ABOUT GRAPES FROM CALIFORNIA



## California: The State of Your Local Grape

99% of table grapes grown in the United States are from California.

Growing table grapes is a family tradition in California, with know-how passed generation to generation.

California grapes are grown throughout a long season and are available from May through January.



## How to Buy, Store & Serve

Grapes are fully ripe when they arrive at the supermarket.

Look for plump grapes with pliable stems.

See a powdery-white coating on the grapes? That's bloom and it's good! Bloom is a naturally occurring substance that protects grapes from moisture loss and decay.

Keep grapes unwashed and refrigerated until ready to use, then rinse with cold water and serve, or add to recipes.

## Grapes for Nutrition, Health & Vitality

A 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.

- Research shows that grape polyphenols may contribute to heart health.
- Grapes are a heart-healthy food that can play a role in healthy aging.
  - » Research has demonstrated positive links between the consumption of grapes and heart, eye, brain, joint and cell health. Research is ongoing in these and other important areas.



## Beautiful, Varied & Delicious

Fresh grapes from California come in three vibrant colors: green, red and black.

There are more than 80 varieties of fresh grapes grown in California, and each variety has characteristics and flavors all its own.

## A Most Versatile Fruit

Grapes from California are a healthy, portable and tasty snack ideal for eating anytime, anywhere.

Fresh grapes add color, crunch and a light touch of sweetness to meals.

In salads, side dishes, entrees and desserts, grapes make the plate!



# NUTRITION PROFILE OF GRAPES

<b>Nutrition Facts</b>	
Serving Size 3/4 cup (126g/4.5oz)	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 0
%Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Potassium</b> 240mg	<b>7%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 20g	
<b>Protein</b> 0g	
Vitamin A 0% •	Vitamin C 2%
Calcium 2% •	Iron 0%
Vitamin K 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



## Did you know?

A serving of grapes (3/4 cup) contains just 90 calories, has no fat, no cholesterol and virtually no sodium.

- Grapes are an excellent source of vitamin K, which plays a key role in helping blood to clot in order to prevent excessive bleeding and may also be important in bone health.
- Grapes contain 7% of the recommended daily intake of potassium.
- Grapes of all colors are a natural source of antioxidants and other polyphenols.

From the Research:

# FIVE REASONS WHY GRAPES ARE GOOD FOR YOU



You may already intuitively know that fresh grapes are good for you. After all, people have been cultivating and eating them for thousands of years. From ancient times onward, grapes have also delighted our senses with their beauty, delicate sweetness and luscious, thirst-quenching qualities.

Today, research scientists have been discovering exciting new facts about grapes and why they may benefit health in so many ways. Here are five great reasons to add grapes to your day:

**1 GRAPES DELIVER ANTIOXIDANTS AND OTHER POLYPHENOLS** | Grapes of all colors contain a variety of antioxidants and other polyphenols. Antioxidants neutralize harmful free radicals to help prevent the process of oxidation that damages cells. Sounds pretty technical, but in fact, neutralizing free radicals happens naturally when we eat foods like grapes that promote antioxidant activity. When free radicals are left to their own devices, a condition called “oxidative stress” occurs. Oxidative stress is now associated with numerous health conditions and chronic illnesses.

**2 LOVE YOUR HEART: EAT GRAPES** | Human studies have shown that eating a variety of grapes may help support a healthy heart by promoting relaxation of blood vessels to help maintain healthy blood flow and function. Heart-healthy grapes may also help promote healthy aging: studies looking into the health benefits derived from eating normal portions of grapes on a regular basis are underway at some of the nation’s most prestigious research institutions.

**3 “GRAPE” NEWS FOR HIGH BLOOD PRESSURE** | In a recent series of laboratory studies, animals were fed a salty diet and their blood pressures rose as a result. When grapes were added to their diet blood pressure levels dropped, heart function improved and inflammation was reduced throughout their bodies. These animals also showed fewer signs of heart damage compared to those who did not receive grapes in the diet.

**4 A BOOST FOR COLON HEALTH** | In a small human study of colon cancer patients, those consuming a grape-enriched diet (equal to adding 2 1/2 cups of grapes per day for two weeks) were able to inhibit certain genes that promote tumor growth in the colon. This benefit was observed in the healthy tissue of the subjects’ colons, not the cancerous, indicating a potential role for grapes in helping to maintain a healthy colon.

**5 ALL EYES ARE ON GRAPES** | In a recent laboratory study, grapes added to the diet prevented blindness in animals that were prone to developing retinal damage in old age, similar to age-related macular degeneration in humans. When compared to lutein, grapes offered significantly more protection.