



CALIFORNIA  
TABLE GRAPE  
COMMISSION

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# News Release

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## **Grapes and Health Focus of Radio Health Journal Series**

Fresno, CA – The Radio Health Journal network and the California Table Grape Commission (commission) have teamed up to develop a series of messages about the positive impact eating grapes can have on health.

Dietitian Courtney Romano discusses a variety of grape and health topics with Radio Health Journal hosts. “Boosting immune health has emerged as an important area of interest for people around the world,” said Romano, health advisor for the commission. “Grapes, which are being harvested now in California, can be an important addition to an immune-boosting diet,” Romano said, adding that “sharing this information seems important at this particular time.” In other segments Romano discusses the way grapes can contribute to heart, brain, and colon health as well as tips for maintaining a healthy weight, ideas for fall snacking, and managing foods for festive occasions.

More than a dozen segments will run this year on the Radio Health Journal network, which broadcasts on more than 1,400 stations around the country.

The series is available at <https://www.grapesfromcalifornia.com/radio-health-journal-spots/>. The immune health and heart health spots can be accessed below.

[Immune Health spot](#) [Heart Health spot](#)

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