

Grapes and Health: from Research to Table

with California Grapes



Grapes and Health: The Science

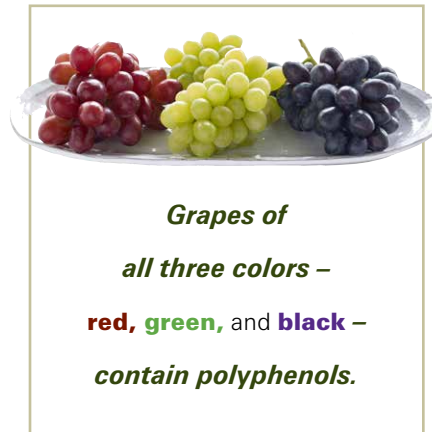
Fresh grapes are prized for their taste, convenience, versatility — and emerging health benefits. Over 20 years of research links grapes to a wide variety of health-promoting activities in the body. Importantly, many studies have shown positive health impacts with normal amounts of grapes — between 1 ¼ to 2 ½ cups per day.

Polyphenol Powerhouse

Grape polyphenols are credited with delivering the health benefits of grapes. In fact, grapes contain over 1600 natural compounds, including antioxidants and other polyphenols.

Polyphenols:

- ▶ Protect the health and function of our cells
- ▶ Promote antioxidant activity
- ▶ Influence cell communications that affect many biological processes in the body



Small but Mighty: How Grapes Support Good Health

Eating grapes may help counter the harmful inflammation and oxidative stress that can lead to many chronic diseases. Additional benefits may involve influencing cell messaging, such as promoting nitric oxide production to relax blood vessels. Highlights of the research include:

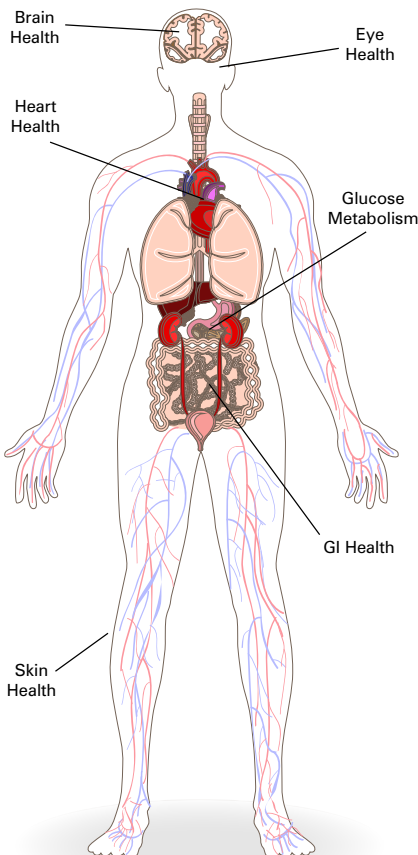
For a more detailed review of the research, the in-depth summary of *Grapes and Health: A Monograph* is available. Request a copy at HealthResearch@GrapesfromCalifornia.com.

Brain Health: In a human study, consuming grapes every day helped protect against metabolic decline in Alzheimer's related areas of the brain.ⁱⁱⁱ In a lab study looking at stroke, grapes protected neurons and helped reduce inflammation and oxidative damage in the brain.

Heart Health: Grapes' beneficial impact on heart health is well-established, and studies have shown that grapes may promote healthy circulation and blood pressure, support healthy lipid levels, counter oxidative stress and inflammation, and reduce platelet aggregation and plaque formation.ⁱ

Emerging research shows promising links to many other areas of health.ⁱⁱ

Skin Health: In a recent human study, consuming grapes daily protected against UV-induced damage to skin.^{vii} A recent lab study showed that a grape-enriched diet inhibited skin tumor incidence and delayed the onset of tumor growth associated with UVB light exposure.^{viii}



Eye Health: Studies suggest that grapes protect the retina's structure and function via antioxidant and anti-inflammatory actions and can also inhibit harmful blood vessel growth in the eye.^{vi}

Immune Health: Grape polyphenols support the health and function of the body's cells by promoting antioxidant and anti-inflammatory activities, as well as serving as a source of hydration. Studies on resveratrol, a grape polyphenol, have shown it to positively influence immune function.

Colon Health: Consuming grapes inhibited target genes responsible for tumor growth in the colon, protecting healthy tissue.^{iv,v} The impact of grapes on the gut microbiome is a promising new area of research, with more to come.

Grapes and Diabetes: With a low glycemic index, grapes are a healthy choice for a diabetic diet. A recent study found that grapes were one of four fruits associated with reduced risk of type 2 diabetes.^{ix}

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ii Ibid.
iii Lee, J.K., Torosyan, N., Silverman, D.H. (2017). Examining the impact of grape consumption on brain metabolism and cognitive function in patients with mild decline in cognition: A double-blinded placebo-controlled pilot study. *Experimental Gerontology*, 87 (Pt A), 121-128.
iv Nguyen, A.V., Martinez, M., Stamos, M.J., Moyer, M.P., Planutis, K., Hope, C., Holcombe, R.F. (2009). Results of a phase I clinical trial examining the effect of plant-derived resveratrol and grape powder on Wnt pathway target gene expression in colonic mucosa and colon cancer. *J. Cancer Mgt and Research*, 1, 25-37.
v Holcombe, R.F., Martinez, M., Planutis, K., Planutiene, M. (2015). Effects of a grape-supplemented diet on proliferation and Wnt signaling in the colonic mucosa are greatest for those over 50 and with high arginine consumption. *Nutr. J.* 14:62.
vi Bulloj, A., Finnmann, S.C. (2016). Grapes and vision. In J.M. Pezzuto (Ed.) *Grapes and Health* (pp. 213 - 235). Springer.
vii Oak, A.S., Elsayed, M., Shafi, R., et al. (2020, May). Dietary grape intake protects against UV damage in humans by augmenting DNA repair. Society for Investigative Dermatology (SID) Virtual Annual Meeting 2020.
viii Singh, C.K., Mintie, C.A., Ndiaye, M.A., Chhabra, G., Dakup, P.P., Ye, T., Yu, M., Ahmad, N. (2018). Chemoprotective effects of dietary grape powder on UVB radiation-mediated skin carcinogenesis in SKH-1 hairless mice. *J Invest Dermatol.* 1-10.
ix Muraki, I., Imamura, F., Manson, J.E., Hu, F.B., Willett, W.C., van Dam, R.M., Sun, Q. (2013). Fruit consumption and risk of type 2 diabetes: results from 3 prospective longitudinal cohort studies. *BMJ* 2013; 347:f5001.

The Goodness of Grapes Can Be Enjoyed Anytime, Anywhere

Fresh grapes are always ripe and ready to use as a snack or ingredient. Grapes are a fresh staple that is widely available and convenient. Over 80 varieties are grown in California, each with distinct color, flavor, size, and texture qualities all its own. The California grape season runs from May into January.






With Grapes in the Kitchen, Everything Gets a Healthy Boost.

In addition to their health benefits, grapes have unique culinary qualities: fresh grapes offer a juicy burst of flavor, a balance of sweet and acid, and a crisp texture that provides a pleasing contrast to many ingredients. California grapes accent and elevate the taste and healthfulness of a vast array of kitchen creations.



Grape Power Pairings






Grapes pair very well with other superfoods and spices which may induce health-promoting synergies in dishes that taste great. From bitter greens and veggies, to whole grains, to spices, adding grapes boosts the health factor and makes eating for health a delicious proposition. Try these combos:

				
Grapes + Greens	Grapes + Veggies	Grapes + Grains	Grapes + Proteins	Grapes + Spices
Kale	Broccoli	Quinoa	Seafood	Ginger
Arugula	Cauliflower	Oats	Chicken	Turmeric (Curries)
Radicchio	Squash	Farro	Tofu	Cumin
Spinach	Cucumber	Barley	Legumes	Chili Peppers
Mixed Greens	Green Beans	Bulgur	Eggs	Cocoa
Mizuna	Beets	Freekeh	Pork	Garlic
Watercress	Fennel	Wheatberry	Beef	Cinnamon

Photos above: Kale, Grape & Almond Salad; Roasted Cauliflower & Grapes; Quinoa Grape Salad; Sea Scallops with Grapes; and Chipotle Chicken Tacos with Grapes.

Flavor Notes

Grapes complement the five basic tastes which makes it easy to create standout recipes.

				
Grapes + Sweet	Grapes + Sour	Grapes + Bitter	Grapes + Salty	Grapes + Umani
Chocolate	Citrus	Bitter Greens	Prosciutto	Cheese
Honey	Vinegars	Brussels Sprouts	Bacon	Meats
Maple Syrup	Pickling Liquid	Broccoli	Feta	Mushrooms
Agave	Tamarind	Cauliflower	Seafood	Garlic
Almond Paste	Yogurt	Smoke	Soy or Fish Sauce	Nuts/Nut Butters
Other Fruits	Lemongrass	Dark Chocolate	Olives	Soy Sauce

Photos above: Grape Bites; Pickled Grapes; Brussels Sprouts with Grapes; Grape Prosciutto Pizza; Marinated Flank Steak with Grape Salsa.

Healthy Tastes Good with Grapes

When it comes to creating healthy dishes, adding grapes brings a lot to the table. In addition to their health-boosting qualities, grapes deliver great taste, vibrant color, and pleasing texture that ensure a palate-pleasing experience. Here are some ideas:

- ▶ **Gingered Brussels Sprouts with Grapes**
 - » Thinly sliced Brussels sprouts and grapes are warmed in a skillet, then tossed with garlic, ginger, Dijon mustard, honey, and balsamic vinegars. Topped with walnuts and served warm.
- ▶ **Quinoa with Grapes and Roasted Carrots**
 - » Quinoa is tossed with grapes and carrots roasted in spicy smoked paprika, cumin, coriander, and cinnamon, then served on a bed of arugula and finished with walnuts.
- ▶ **Spiced Chickpeas and Grapes with Yogurt**
 - » Chickpeas and grapes are lightly dressed in peanut oil with aromatic spices — mustard, cumin, and fennel seeds — then served atop a bed of lemon-garlic yogurt finished with cilantro and scallions.
- ▶ **Kale, Grape, and Bulgur Salad**
 - » Halved grapes, chopped pecans, scallions, and thinly sliced kale are stirred into bulgur and lightly dressed with a lemon vinaigrette.
- ▶ **Seared Chicken Breasts with Grapes and Artichokes**
 - » Chicken is elevated with the addition of grapes, leeks, and artichoke hearts, served up in a delicious white wine and lemon sauce.
- ▶ **Cauliflower Steaks with Grapes and Pistachios**
 - » Oven-roasted cauliflower steaks are topped with grapes, Castelvetrano olives, parsley, and toasted pistachios.



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