



inside the GH Nutrition Lab

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GH's own registered dietitian serves up expert know-how to help you make smart decisions for a nutritious diet and a healthy lifestyle



How to stash 'em: Grapes are best kept in the back of the fridge, typically the chilliest spot. Leave them unwashed until ready to eat.



THE NORDIC DIET, DECODED

Move over, Mediterranean diet! The Nordic diet is becoming a dietitian favorite. Based on the dietary patterns of folks in Denmark, Sweden and Norway, the eating plan is a whole-foods approach that includes plenty of seasonal produce (organic whenever possible), whole grains, legumes and an abundance of fresh seafood. The Nordic diet is heavy on berries and supercharged carbohydrates including fiber-rich crackers and crispbreads made from barley, oats and rye. Meanwhile, processed sugar-filled foods are limited, and meat, when it's occasionally eaten, is of high quality. Whether you go Nordic or Mediterranean, the World Health Organization found that both eating styles can reduce the risk of several types of chronic disease, including type 2 diabetes and heart disease.

HERE'S THE THING: Grapes Are Great

This seriously underrated fruit is actually a nutrient-dense superfruit with multiple health benefits and more than 1,600 natural compounds, including powerful antioxidants and polyphenols that can help combat inflammation and chronic disease. Grapes are not only delicious, but also portable, affordable and thirst-quenching. Incorporating **GH Nutritionist Approved Grapes from California** into your diet can:

Promote a healthy heart.

"Studies indicate that grapes promote healthy blood vessels through vasorelaxation, which in turn is linked to healthy blood flow and blood pressure," says Courtney Romano, M.B.A., R.D., health adviser to the California Table Grape Commission. "Grapes may also promote healthy blood lipid profiles and counter oxidative stress."

Sharpen your mind.

Romano explains that grapes of all colors are a natural source of flavonols. What's more, a recent study published in *Neurology* found that a higher intake of flavonols was associated with a 48% decreased risk of developing Alzheimer's dementia.

Fight cancer.

Grapes contain a variety of beneficial plant compounds and are one of the few major food sources of the antioxidant resveratrol. According to the National Cancer Institute, resveratrol may inhibit three major steps of carcinogenesis.

Support immunity.

"Grape compounds, including antioxidants and other polyphenols, help protect the health and function of cells, which is beneficial to the immune system," Romano says. "Individual grape compounds like resveratrol have been linked to improved immune function."



I'm usually not hungry in the morning – is it OK to skip breakfast?

A: I totally get it! Many people don't feel hungry when they wake up or don't have time to sit down to eat. And some diet strategies, like intermittent fasting, recommend that you wait until later in the day to eat your first meal. But it is a good idea to eat something, even if it's small, in order to help keep your hunger hormones and blood sugar in check and set you up for a healthy day. Research shows that skipping breakfast is associated with an increase in total cholesterol levels and a decrease in diet quality. Aim for foods that provide a balance of fiber, protein and healthy fats. Some light options include an apple with nut butter, plain Greek yogurt with low-sugar granola and even overnight oats.