



CALIFORNIA
TABLE GRAPE
COMMISSION

392 W. Fallbrook Avenue
Suite 101
Fresno, California
93711-6150
Phone: 559-447-8350
Fax: 559-447-9184
grapesfromcalifornia.com

News Release

FOR IMMEDIATE RELEASE
January 14, 2022

Contact: Jeff Cardinale
jeffc@grapesfromcalifornia.com

New Book Shows Grapes a Top Food for Immunity and Brain Health

Fresno, CA – Grapes are a top food for immunity and brain health, according to a new book soon to be released by dietitian and author Patricia Bannan.

The book is titled “From Burnout to Balance: 60+ Healing Recipes & Simple Strategies to Boost Mood, Immunity, Focus & Sleep.” The book lists top foods in several categories, among them brain and immune health, with grapes on the list for both.

In addition to the recipes, Bannan includes grapes in her “Nearly No-Cook Meal Ideas” section of the book.

“Grapes are my go-to ingredient for color, hydration, and nutrition. As a snack or recipe ingredient, grapes are an easy, healthy choice for wellness. Studies show that grapes are linked to benefits in multiple areas of health, including support for brain and immune health,” said Patricia Bannan, MS, RDN, author of “From Burnout to Balance.” “Three of my favorite recipes with grapes in ‘From Burnout to Balance’ are my Simple Salmon Burgers with Grape Salsa, Lemony Farro and Lentil Bowls with Shrimp and Grapes, and my Kale, Sweet Potato & Grape Salad with Walnuts. Not only are these recipes delicious, they are packed with nutrients to support both brain and immune health.”

Bannan will promote her new book throughout the upcoming California table grape season.

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