



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

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Contact: Nick Nakashian
nick@grapesfromcalifornia.com

“Astonishing” Effects of Grapes, “Remarkable” Potential for Health Benefits

Fresno, CA – Recent studies released by Dr. John Pezzuto and his team from Western New England University show “astonishing” effects of grape consumption and “remarkable” impacts on health and on lifespans.¹

Published in the journal *Foods*, one study showed that adding grapes to a high-fat diet, typically consumed in western countries, yielded reductions in fatty liver and extended lifespans. Noting that these studies add an entirely new dimension to the old saying ‘you are what you eat,’ Dr. Pezzuto, who has authored over 600 scientific studies, said that the work with grapes showed actual changes in genetic expression. “That is truly remarkable.”

Adding grapes to a high-fat diet also increased levels of antioxidant genes and delayed natural death. Acknowledging that it is not an exact science to translate years of lifespan from a mouse to a human, Dr. Pezzuto said that his best estimate is the change observed in the study would correspond to an additional 4-5 years in the life of a human.

Another study by Dr. Pezzuto and his team, published in the journal *Antioxidants*, reported that grape consumption altered gene expression in the brain and had positive effects on behavior and cognition that were impaired by a high-fat diet. A third study, published by a team led by Dr. Jeffrey Idle in the journal *Food & Nutrition*, showed that in addition to changes in genetic expression, grapes also change metabolism.

The California Table Grape Commission provided the grapes used in the studies as well as partial support. For more information on these studies, please follow the link:
<https://www1.wne.edu/news/2022/08/effects-of-dietary-grapes-john-pezzuto.cfm>.

For more information on California table grapes and health please go to:
<https://www.grapesfromcalifornia.com/grapes-health/>.

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¹ Studies were done using mice.