



# Achieving wellness: THE BASICS

Healthy foods, such as grapes, have an essential role to play.

Taking care of personal health is an important part of having a quality life. People who focus on wellness through healthy habits can improve their physical health and mental well-being in the days, months, and years ahead.



## 3 building blocks of wellness

There are three key drivers of good health:

- ✓ A **healthy diet** with fruits and vegetables, whole grains, beans, and legumes, and sources of lean protein optimizes health and helps protect the body from disease. Healthy foods are rich in nutrients that promote wellness, including vitamins, minerals, fiber, and antioxidants, and are limited in added sugar, salt, and saturated fat.
- ✓ An **active lifestyle** boosts physical health, including heart and brain function; helps with maintaining a healthy weight; and benefits emotional health, too.
- ✓ **Better sleep** improves wellness of the body and mind. A healthy diet combined with physical activity can help you sleep better.



## How fresh grapes power well-being

Heart-healthy grapes fit easily into a healthy diet. Grapes have no fat, no cholesterol, and virtually no sodium. Grapes are a good source of vitamin K, which benefits heart and bone health. Grapes also deliver antioxidants and other beneficial polyphenols, and they pair well with other healthy foods.

- ✓ Grapes are a healthy mealtime or snack food choice.
  - Keep grapes on hand for healthy snacks and bring them along if you are on the go!
  - Toss them into salads, smoothies, yogurt, and cereal for a healthy boost.
- ✓ Grapes help fuel an *active lifestyle* with energy and hydration! Grapes deliver carbohydrates and are 82% water!
  - Pack grapes along for the day for a healthy pick-me-up at any time.
- ✓ Being active and eating healthy foods may help people *sleep better*. In fact, grapes are a natural source of melatonin, a substance that helps regulate sleep.



Whether you choose red, green, or black, grapes can be the perfect partner for a *lifetime of wellness*