



GRAPES AND THE *active lifestyle*

Refresh and revive your energy with Grapes from California.

An active lifestyle has so many benefits. Being physically active can help you feel better, think better, work or play better, and sleep better at every age. Maintaining an active way of life is linked to:

- ✓ Longer, healthier life
- ✓ Heart and cognitive health
- ✓ Weight management
- ✓ Stronger bones and muscles



Embrace essential foods to enhance *vitality*

Include these key players every day:

- ✓ A rainbow of fruits and veggies, including colorful grapes
- ✓ Healthy grains such as whole-grain cereals, breads, and pastas
- ✓ Protein-packed foods including tofu, lean meats, eggs, and yogurt



Pack a snack to sustain *energy*

Bring snacks along to revive and refresh flagging energy. Fresh grapes are always healthy and delicious, and they deliver quality carbohydrates and hydration just when you need it. (Grapes are 82% water!) Grapes also require no prep and are highly portable! Go with grapes:

- ✓ on a hike
- ✓ to the gym
- ✓ to the game
- ✓ to practice
- ✓ anywhere



Grapes *fuel* your inner athlete

Grapes offer quick energy and hydration, perfect for pre-and post-workouts, no matter your intensity level. For the workout enthusiast, grapes can also be enjoyed with protein to make the perfect pairings for sustained energy, as well as muscle building. Here are some tasty power snack ideas:

- ✓ **No-bake Grape Energy Bites** – fresh grapes are wrapped in a mix of ground nuts and dates for an extra burst of energy. [[Click Here for Recipe](#)]
- ✓ Grapes and hard-boiled eggs – an easy power snack
- ✓ **Fresh Grape Trail Mix** – this nourishing snack has something for everyone.



Go with Grapes from California every day for a whole bunch of *healthy*