



GRAPES
FROM
california

SWEETEN YOUR DAY THE *healthy way* WITH GRAPES

Natural sugars found in wholesome fruit come with healthy benefits.

Americans eat a lot of sugar! According to the U.S. Department of Agriculture, the average adult consumes about 17 teaspoons of sugar every day!¹ Eating too much sugar can lead to health problems. People are advised to cut down on the major sources of added sugar – sugar-sweetened beverages, desserts, and sweet snacks – and enjoy foods that are naturally sweet, like grapes.



Myth: Cutting back on sugar means cutting out fruit.

Reality: Reducing added sugars – the kind found in refined and processed foods – is the goal, not natural sugars found in healthy, whole foods.



Enjoy *natural sweetness* with benefits

Many healthy foods contain natural sugars plus good-for-you nutrients too:

- ✓ All fruits - including grapes - contain natural sugars, along with beneficial plant compounds, vitamins, minerals, and fiber.
- ✓ Many vegetables – sweet potatoes, carrots, tomatoes, peas, and others – deliver natural sweetness and are also packed with nutrition.
- ✓ Milk contains the sugar lactose plus protein, vitamins A and D, and calcium.



sweet reasons to eat grapes

- ✓ Grapes are considered a low glycemic food. In low glycemic foods, the natural sugar is slowly digested and absorbed, which results in a lower and slower rise in blood glucose.
- ✓ Tasty grapes deliver beneficial antioxidants and other polyphenols that are linked to an array of health benefits.
- ✓ Grapes are a good source of vitamin K, which is good for heart and bone health, and linked to healthy insulin and glucose levels.



Fresh fruit – the *perfect dessert*

Enjoy the natural sweetness of fresh grapes for dessert:

- ✓ Try frozen grapes for a naturally sweet, cool, bite-size treat.
- ✓ Pair grapes with cheese as an elegant finish to your meal.
- ✓ Use grapes in a fresh fruit cup



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

¹ U.S. Department of Agriculture, Agricultural Research Service. 2020. Food Patterns Equivalents Intakes from Food: Mean Amounts Consumed per Individual, What We Eat in America, NHANES 2017-2018. https://www.ars.usda.gov/ARSUserFiles/80400530/pdf/FPED/tables_1-4_FPED_1718.pdf

To learn more about Grapes from California visit grapesfromcalifornia.com

