

# GRAPE



## DIFFERENT USES

- Try frozen grapes for a sweet treat.
- Add grapes to yogurt, salads, or gelatin
- Add chilled grapes to your favorite low-fat chicken, seafood, or pasta salad.
- Try cubed cheese, whole wheat crackers topped with sweet grapes
- Start your day with 100% grape juice
- Quick and easy portable snack for on the road. Just rinse and enjoy!

## Nutrition Facts

Serving Size 1 cup (151g)

Calories	104	% Daily Value
Total Fat	0g	0%
Sodium	2mg	0%
Total Carbohydrate	27g	9%
Dietary Fiber	1g	3%

Protein 1g

## Health Benefits

- Supply polyphenols which may lower cholesterol levels, and reduce risk of heart disease and cancer.
- Grape nutrients may boost brain power with improved short-term memory, coordination, and balance.
- May help protect against cardiovascular disease.

## FUN FACT

- Grapes are one of the oldest fruits known.
- Considered nature's candy because of their sweetness. Unlike candy, grapes are packed with vitamin C and other nutrients that help you stay healthy.
- Concord grapes are the only variety native to North America—other native fruits are blueberries and cranberries.
- Grown and harvested on all continents except Antarctica.
- 97% of all grapes sold in the U.S. are grown in California.