**Health Benefits**

* Grapes contain soluble and insoluble fiber. Fiber helps you feel fuller longer, which can help control blood sugars and maintain weight.
* Grapes are loaded with antioxidants that help the body to fight off a number of health conditions and chronic illnesses. The skins and seeds of grapes contain the greatest amount of antioxidants!
* When eating grapes, remember that the fresh fruit has the most health benefits, followed by raisins, grape jam, and grape juice.



Chicken Salad Sandwich

2 cooked chicken

breasts, chopped

½ cup chopped celery

½ scallion, chopped

2 Tbsp light mayonnaise

Salt and pepper to taste

½ cup halved seedless red grapes

2 romaine or red leaf lettuce leaves

Mix the chicken, celery, scallion, and mayonnaise in a bowl; season with salt and pepper. Gently stir in the grapes. Divide between the lettuce leaves and roll up. Makes 2 servings.

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**Interesting Facts**

* It takes about 2 ½ pounds of grapes to make a bottle of wine.
* Approximately 71% of the world’s grapes are used for wine, 27% for fresh fruit, and 2% for dried fruit.
* The average person in the world eats about 8 pounds of grapes in a year. I knew I felt heavier…

**GRAPES**

F E N K R R R X H N I S

D H L V G A P E Z G T T

E I L E R J I A B N S I

P E C C P V G S A I I U

V I N E Y A R D I T F R

E C I U J C I H E N A F

L C D A R X P E O D S X

H N K U O Y W A Z L B B

W M N I F S B L J N Q I

B C T W I N E T U A M M

H N B Q P F W H T Z M H

A F X Y F F Y X I Y S A

ANTIOXIDANTS CRUNCH FIBER FRUIT HEALTH JAM

JUICE RAISINS SWEET VINEYARD WINE

**Created by Tiffany Halama, RD**

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E C I U J C I H E N A F

L C D A R X P E O D S X

H N K U O Y W A Z L B B

W M N I F S B L J N Q I

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E C I U J C I H E N A F

L C D A R X P E O D S X

H N K U O Y W A Z L B B

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