

Grapes are fruiting berries grown all over the world except Antarctica.



It may be

just a little

bit too cold

to grow

there…

Grapes grow in clusters of 15 to 300 in a variety of colors including crimson, black, dark blue, yellow, green, pink, and even orange!



There are also over 8,000 different varieties of grapes available around the world. I think it is safe to say, we can all find a variety we like with those odds!

**Nutritional Bang for Your Buck**

Grapes, like many other fruits, provide a good source of fiber in your diet, including both insoluble and soluble.

Grapes are also loaded with antioxidants! The skins and seeds carry the highest amount of antioxidants.

There are about 60 to 70 calories in one cup of grapes, making them very low in calories but high in nutritional value!



Try pairing grapes

with low-fat

cheese, nuts,

or yogurt for a

power-packed

snack!

**Research studies** on grapes being a part of your diet have shown:

* Better blood pressure regulation
* Better total cholesterol and reduced LDL levels
* Reduced risk of stroke
* Reduced cell damage
* Many other health benefits

Just remember, even though grapes have been studied in very large amounts and can contribute a large amount to your health, they aren’t a cure-all! You want to eat a healthy diet incorporating all different kinds of food for overall wellness!

**Eat them up…**

**…add to cereal and yogurt**

**…make a fruit salad or fruit kabob**

**…toss into salads and sandwiches**

**…add to the top of a pizza**



**…add to smoothies**

**…freeze them for**

**later use or a chilly**

**snack with a dollop**

**of cool whip**

Created by: Tiffany Halama, RD