

GRAPES



- ◆ Six of the seven continents in the world, except for one continent - Antarctica - cultivate this delicious fruit.
- ◆ Partially dried grapes, called raisins, are found to be a highly concentrated source of nutrients and calories.
- ◆ Grapes are sub-divided into two general categories - one is European and the other is American. the European type of grapes is the more nutritious.
- ◆ A cup of European grapes provides about 20% of the Recommended Daily Allowance or RDA for Vitamin C, about four times more than found in the American varieties.
- ◆ All types of grapes provide a fair amount of potassium and iron.
- ◆ Grapes are one of the favorite fruits for many people because of its low calorie content and its sweet, juicy flavor. Yet another reason for eating grapes is that it offers innumerable health benefits. Anthocyanins found in red and blue grapes have been found to be effective in lowering the risk of heart diseases and cancer.
- ◆ This fruit grows on a vine.