

# Red Grapes

## *Did you know?*

- On average, Americans eat eight pounds of grapes a year!
- Grapes are a great source of fiber. Fiber can help keep you feeling full and satisfied throughout the day.
- The powdery-white coating you may see on grapes is called bloom. It is a naturally occurring substance that protects grapes from moisture loss and decay.
- Grapes of all colors are a natural source of antioxidants, which can help your body fight against some diseases and cancers.
- Grapes are fully ripe when they arrive at the supermarket.



## Sources

- <https://www.sun-world.com/grapes-nutrition>
- [https://www.grapesfromcalifornia.com/wp-content/themes/grapes/assets/pdf/03.grapes\\_a\\_bunch\\_of\\_cool.pdf](https://www.grapesfromcalifornia.com/wp-content/themes/grapes/assets/pdf/03.grapes_a_bunch_of_cool.pdf)