

Nutrition Education

OKCPS Fresh Fruits and Vegetable Program



Grapes

Grapes are full of disease fighting **antioxidants** (protect your body from damage) that help your body fight off diseases like colds and the flu...even heart disease and certain types of cancer.

- ◆ Raisins are a concentrated **source of iron**. Iron helps create healthy blood cells, which help your body transport oxygen.
- ◆ Grapes have a high water content that helps keep the body hydrated.
- ◆ Grapes are from Spain. Spanish explorers brought them to America.
- ◆ Grapes appear in **many colors**: white, red, black, blue, green, purple and golden.
- ◆ There are over **8,000** grape varieties worldwide.
- ◆ Grapes are one of the **top ten** of the world's favorite fruits.