

Bunches of Flavor and Nutrition

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(NAPSA)—Grapes are one of this nation's favorite fruits, and they are available all year thanks to the global agricultural community. From December to May 360,000 tons of grapes arrive from Chile at the ports of Los Angeles and Wilmington, Delaware. Chile's diverse climate allows for a longer growing season that begins north of Santiago near Copiapó and extends south for nearly 600 miles to Linares. This expanse from desert to lush valleys is well suited for grapes. It is home to the 16 varieties of red, green and black grapes that are Chile's largest fruit crop, and provide Americans with an uninterrupted supply of sweet, juicy grapes.



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5 A Day Activities For Children

- Count how many different colored fruits and vegetables are in your grocery cart. Look for some more if you don't have at least 5 different colors.
- Pick out one new fruit and vegetable and help mom or dad fix it.
- Find out where grapes come from in the winter. Find Chile on a map and then find Santiago. (T)

winter. This is particularly true of children, who already miss the recommended 5 servings of fruits and vegetables by more than one and a half servings a day. Chilean grapes make it possible to keep one of their favorite fruits ready for snacking or packed in a lunch all winter long. Spiced Chilean Grapes is one of my family's favorite desserts. I serve it warm during the winter.

Spiced Chilean Grapes

Makes 4 servings

Preparation Time—15 minutes

- 4 tablespoons sugar
- 1½ cups orange juice
- ½ teaspoon cinnamon
- ½ teaspoon ginger
- ¼ teaspoon almond or vanilla extract
- 2 tablespoons honey
- 4 cups Chilean seedless grapes
- 4 orange slices for garnish (optional)



Taste and convenience are the top reasons for the popularity of grapes, but there is a real nutrition bonus hidden in those sweet treats. Grapes are high in vitamin C and contain a variety of phytonutrients. Phytonutrients are substances found in plant foods that may help explain the disease prevention properties of diets high in fruits, vegetables and other plant foods.

Four of the phytonutrients found in grapes belong to a group called phenolic compounds. Grapes are actually one of the few foods that contain resveratrol, a phytonutrient that has been shown to slow down tumor growth in animals. Phytonutrients are strong antioxidants that help prevent cell damage that can lead to disease. Some of the phytonutrients in grapes may also help prevent heart disease by inhibiting the build up of plaque in coronary arteries.

Americans eat less fruit in the

In a small saucepan stir together the sugar, orange juice, cinnamon, and ginger. Bring to a boil, reduce heat and simmer over medium heat for about 10-12 minutes until the mixture is reduced by one third. Remove from heat and cool to room temperature. When cool, stir in extract and honey. Pour over grapes and chill. Serve grapes and sauce garnished with an orange slice.

Nutrients per serving: Calories 240; Protein 2g; Fat 1g; Calories from Fat 4%; Carbohydrate 60g; Cholesterol 0mg; Fiber 2g; Sodium 5mg

For more information on fresh fruit from Chile and the 5 A Day for Better Health program, go to: www.cffa.org (click on CFFA USA), www.5aday.com and www.aboutproduce.com.

Note to Editors: Fortieth in a series of monthly 5-A-Day columns. Chilean grapes are available from December to May.