



# Grapes

Grapes come in many colors; black, blue, blue-black, golden, red, green, and purple. When buying grapes look for firm, plump, well colored clusters that are securely attached to their green stems.

**Grapes are fruit which grow in clusters on vines.**

**Grapes are one of the oldest fruits to be grown. Grapes can be traced back as far as biblical times.**  
Spanish explorers introduced grapes to America about 300 years ago.  
Most grapes eaten in the United States are grown in California.

Grapes are about 80% water, making them a delicious low-calorie snack or dessert.

Raisins are dried grapes and contain only about 15% water. For this reason nutrients and calories are more concentrated in raisins.

## VARIETIES

Grapes come in more than 50 varieties. The two main types are American and European, which are available as seeded or seedless. Common varieties include Thompson, Flame, Ruby, Perlette and Tokay.



## NUTRITION FACTS

- Good source of fiber
- Sodium free
- Fat free
- Cholesterol free
- High in vitamin C
- High in potassium

## USES

Some of the most popular ways in which grapes are used are eaten fresh, dried into raisins, or made into jam, jelly or 100% juice.



Funded in part by USDA's Food and Nutrition Service, EFNEP, and Nebraska Department of Health and Human Services 2008. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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**Chicken Pita Sandwiches**  
Preparation time: 15 minutes  
Number of servings: 6  
Cups of fruits or vegetables per serving: 0.3



2 c. cooked chicken, chopped  
½ c. celery, diced  
½ c. apple, diced  
½ c. grapes, halved  
⅓ c. dried cranberries OR raisins

⅓ c. plain low-fat yogurt  
pepper, to taste  
6 small green leafy lettuce leaves  
3 (6-inch) whole wheat pita breads, halved

1. In a medium bowl, combine chicken, celery, apple, grapes, dried cranberries, and yogurt. Mix gently.
2. Season with pepper.
3. Place 1 lettuce leaf in each pita half. Fill pita with chicken mixture, dividing evenly.

Nutrition Information per Serving: Calories 170, Total Fat 2.5 g (4% DV), Saturated Fat .5 g (3% DV), Cholesterol 35 mg (12% DV), Sodium 170 mg (7% DV), Total Carbohydrate 22 g (7% DV), Dietary Fiber 3 g (12% DV), Sugars 8 g, Protein 17 g, Vitamin A 6%, Vitamin C 6%, Calcium 4%, Iron 6%.

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**Brown Bag Fruit Mix**  
Preparation time: 10 minutes  
Number of servings: 2  
Cups of fruits or vegetables per serving: 1



½ c. apple, diced  
½ c. banana, sliced  
½ c. grapefruit sections, diced  
2 T. grapefruit or pineapple juice  
⅓ c. grapes, halved  
⅓ c. pineapple tidbits, drained

1. In a large bowl, mix apple, banana, and grapefruit sections with grapefruit or pineapple juice.
2. Add grapes and pineapple. Stir gently. Chill.

Nutrition Information per Serving: Calories 120, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 5 mg (0% DV), Total Carbohydrate 31 g (10% DV), Dietary Fiber 3 g (12% DV), Sugars 23 g, Protein 1 g, Vitamin A 15%, Vitamin C 60%, Calcium 2%, Iron 2%.