

GREEN

GRAPES

(aka White Grapes)

THERE ARE OVER 8,000 VARIETIES OF GRAPES AROUND THE WORLD

THERE ARE MANY DIFFERENT COLORS, BUT GREEN ARE ONE OF THE MOST COMMON

GREEN GRAPES ARE ALSO CALLED WHITE GRAPES

GRAPES ARE IN THE BERRY FAMILY

GRAPES ARE 80 PERCENT WATER CONTENT

ROUGHLY 72 MILLION TONS OF GRAPES ARE PRODUCES AROUND THE WORLD EVERY YEAR

98% OF GRAPES GROWN IN THE US COME OUT OF CALIFORNIA

A GRAPE VINE CAN GROW UP TO 50 FEET LONG

Nutrition Information

Just 90 Calories

A serving of a cup and a half of grapes contains just 90 calories, no fat, and virtually no sodium

No Cholesterol

Like all fruits, grapes have no cholesterol

Vitamins C & K

Grapes are an excellent source of vitamins C & K

Antioxidants

Grapes of all colors are a natural source of antioxidants and other polyphenols

Healthy Carbs

Grapes fit the bill as a healthy carbohydrate. A serving contains 24 grams of healthy carbs and 1 gram of fiber

GRAPE-A-LICIOUS WORD SEARCH

P	Y	V	V	P	Y	W	E	Y	A	U	R	T	U	A
Q	G	Q	R	Z	H	L	H	R	E	D	R	E	I	M
I	I	B	H	H	I	J	O	I	W	Q	V	K	B	Z
Y	S	P	O	C	V	M	F	S	T	O	S	J	B	P
Y	W	K	F	E	D	U	E	S	A	E	X	F	W	T
K	T	B	S	A	O	I	Y	R	T	R	Z	P	D	O
S	M	J	N	Y	T	S	E	E	D	L	E	S	S	Q
U	T	C	E	E	G	T	S	D	E	E	S	L	C	E
Q	A	S	I	T	R	W	I	W	J	C	X	P	N	Y
X	N	R	T	E	E	E	X	U	M	R	J	U	U	X
P	A	R	V	E	E	N	X	F	R	U	Z	I	N	J
V	A	Y	T	P	N	I	M	M	A	F	I	O	Q	M
T	J	O	P	Z	F	V	F	G	J	V	Y	H	U	O
H	J	U	E	X	G	Y	O	Q	U	O	G	A	T	O
S	S	R	N	S	J	C	O	B	B	Z	D	T	Y	T

Green
Seeds
Varieties

Fruit
Seedless
Tart
White

Red
Sweet
Vine

