

FOOD FACTS

White Grapes



NUTRITION

- Grapes can be a source of hydration in addition to drinking water
- An excellent source of manganese which helps carry oxygen throughout your body

Did You Know? (DYK)

- White grapes are actually the color green!?
- Spanish explorers introduced grapes to America over 300 years ago!
- There are over 8,000 varieties of grapes and they are a part of the berry family.

PREPARATION & STORAGE

- Store grapes in the fridge for best quality and to extend their shelf life
- Available all year at the grocery store. Wash before use.
- Try pairing grapes with cheese for a filling well-balanced snack

Green Fruit Salad

recipe courtesy of Healthy Family Project

Ingredients:

2 cups	Honeydew Melon, cubed
2 cups	White Grapes (green)
1 large	Green Apple, chopped
3	Kiwi, peeled and sliced
6-8	Fresh Mint Leaves, chopped

Directions:

Mx fruit together in a large bowl. Sprinkle with fresh mint.



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