

GRAPES

There are over 8,000 varieties of grapes around the world

There are many different colored grapes, but the most common are red and white (also called green grapes).

Grapes are in the berry family.

Grapes are 80 percent water content.

About 72 million tons of grapes are produced around the world every year.

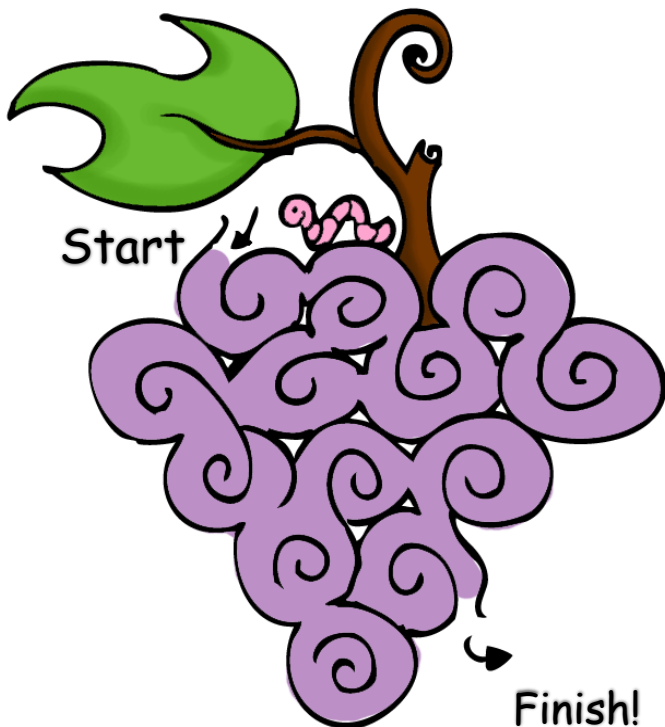
98% of grapes grown in the US come out of California.

A grape vine can grow up to 50 feet long!

Nutrition Information

They are a good source of vitamin-C, vitamin A, vitamin K, carotenes, B-complex vitamins such as pyridoxine, riboflavin, and thiamin.

Also, they are very low in calories. 100 g fresh grapes just provide 69 calories but zero cholesterol levels.



Green

Seeds

Varieties

Fruit

Seedless

Tart

White

Red

Sweet

Vine