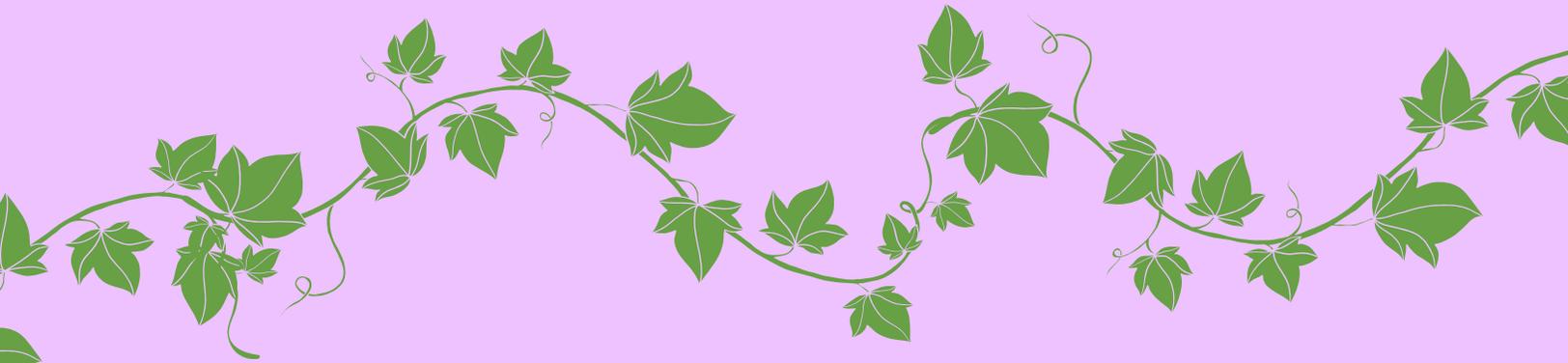


# Grapes

## **FUN FACTS:**

- There are over 8,000 varieties of grapes around the world
- Grapes are 80 percent water!
- About 72 million tons of grapes are produced around the world every year.
- A grape vine can grow up to 50 feet long!!



## **NUTRITIONAL 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.

