



Red Grapes

The Queen of all Fruits!



Nutrition Tips to Increase Red Grape Consumption

- Put a spin on PB & J. For a chunky twist, add a layer of sliced red grapes.
- Make grape-sicles.
 1. Pour 100% grape juice into an ice cube tray.
 2. Insert popsicle stick and freeze.
- Leave a bowl of washed grapes on the counter for easy access. Great for an appetizer.
- For a refreshing snack, wash red grapes and pat dry. Place grapes, single-layered, on a cookie sheet and freeze. Once frozen, grapes can be stored in a plastic freezer bag for up to 6 months.
- Serve red grapes with string cheese for a quick and healthy snack.

Nutrition Food Activities for Children

- Set up a taste test. Allow your child to sample dried grapes (raisins) and red grapes. Then ask your child to compare them. Which one do they like better?
- Allow your child to help wash the grapes before eating or preparing them.
- Play I Spy at the farmers market or the grocery store. Begin by saying, "I spy some red grapes." Whoever can spot some grapes first is the winner. Keep playing by spying other fruits and vegetables at the farmers market or grocery store.
- Create a fruit and vegetable tracking chart and place it on the fridge. Each time your each child eats a fruit or vegetable during the day allow them to add a sticker.

Grape Slushy Serves 2-3



Ingredients:

- ½ cup Concord grape juice
- 1 cup seedless red grapes
- 1 cup cubed honeydew melon*
- 2 cups ice cubes

Directions:

1. Place all ingredients in a blender container.
2. Blend until smooth.
3. Poor into glasses and enjoy.

*Fresh berries or other melon varieties, such as cantaloupe, can be substituted for honeydew melon.

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>

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Eat More Fruits and Vegetables!

