



# Grapes



**Fun Facts:** Grapes can be green or white, red, blue, blue-black or purple. Some have seeds while others are seedless. Grapes are among the top six most-frequently eaten fruits in the U.S. On average, each person eats about 8 pounds of fresh grapes and 2 pounds of dried grapes, or raisins, per year, in addition to jelly, jam, juice and wine.

**Selecting Fresh Grapes:** Look for firm, plump, smooth, sweet grapes with a uniform bright color, tender skins, and pleasant aroma. Look for market grapes that have been protected in covered containers. Avoid grapes with blotches of color or that are wet, mushy, wrinkled, shriveled, scarred, leaky or moldy.

## Measuring Fresh Grapes

1 pound = about 15 ounces ready to eat = about 2 1/2 cups of grapes

1/2 cup = about 15 to 20 grapes = about 3 ounces by weight = about 80 grams



**Handling and Preserving:** Handle grapes gently so they do not bruise.

Refrigerate (preferably at 32° F.) unwashed grapes as soon as possible in a perforated plastic bag. Grapes absorb odors, so store them away from strong-smelling foods.

Grapes do not ripen further after harvest. For best quality, use during the first few days.

**To freeze:** Select fresh grapes. Rinse off dirt. Remove stems. Leave seedless grapes whole, but cut others in half and remove seeds. Pack into freezer bags or containers, leaving 1/2 inch of air. If desired, cover with a cold syrup made with 1 cup water and 2/3 cup sugar. Squeeze out air, seal, date and freeze.

**Preparation and Serving:** Just before use, rinse grapes under cool running water. Remove those with bruises and decay. Enjoy them plain! Or serve with other foods, such as cheese, yogurt and cereal. Use as directed in a recipe, such as for a cold salad, dessert or main dish.

**Nutrition Facts:** One serving = 12 fresh grapes or 1/4 cup raisins. 12 grapes provide: Calories 43; Protein 1/2 gram; Carbohydrates 11 grams; Fat 0 grams. 1/4 cup raisins provide: Calories 124; Protein 1 gram; Carbohydrates 33 grams; Fat 0 grams. Grapes and raisins contribute fiber, B vitamins and essential minerals to the diet. Grapes contain many healthful antioxidants, phytochemicals and pigments. Eating grapes or grape products can help protect against heart disease and cancer.

**References:** ESHA Food Processor; [www.fda.gov/fdac/special/foodlabel/raw.html](http://www.fda.gov/fdac/special/foodlabel/raw.html); [www.aboutproduce.com](http://www.aboutproduce.com); <http://nfapp.east.asu.edu/Outlook02/Grapes.htm>; <http://www.msue.msu.edu/imp/mod01/01600324.html>

---

Prepared by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. Oct. 2003.

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, Kansas.**

Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider & employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. **The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.**