

## Tasty, Summer Fruit Snacks From Chile

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(NAPSA)—It's peak season for Chilean grapes. From January to mid April, your local supermarket is carrying sweet, juicy summer



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grapes from Chile. Chile's #1 fresh fruit comes in many colors: green, red and purple. Chile supplies Flame Seedless, Thompson Seedless, Ruby Seedless, Red Globe (extra large seeded variety), Crimson Seedless and Chile's very own Black Seedless variety.

It's no surprise that grapes are one of America's favorite fruits. They are tasty, ready to eat anytime and anywhere and available year round like apples, oranges and bananas. Grapes are healthy and one of mother-nature's most convenient snack foods.

How convenient are they? Simply rinse any of these popular varieties under running water, and pack them in a briefcase or lunch box for work or school. They're also a healthy answer to your child's request for between meal snacks. Just keep a bowl of washed grapes in the refrigerator. It's simple. Want a snack? Just open the fridge and help yourself. You can even try them frozen or in this yogurt-based smoothie.

According to USDA, Americans eat about 30 percent less fruit in the winter. The dip is probably due to habits that were formed when there wasn't much wonderful fruit available in the winter. That's certainly not the case now. From Thanksgiving to Memorial Day there is an amazing variety of affordable fresh fruits providing summertime taste and year-round health benefits.

Chile's incredible assortment of grapes, peaches, plums, nectarines, apricots and sweet cherries make it easy and delicious to eat plenty of fruit all winter long. The Dietary Guidelines For Americans encourage everyone to eat a variety of fruits as part of a healthy diet. They recommend:

	Servings of Fruit
Children 2-6 yrs., women & some older adults	2
Older children, teen girls, active women, and sedentary men	3
Teen boys and active men	4



There is overwhelming evidence that eating more fruits and vegetables helps prevent diseases such as cancer, heart disease, stroke and high blood pressure. Research on phytonutrients, which are compounds found in plant foods, has helped us understand some of the health benefits of grapes and other fruits and vegetables. Grapes contain a variety of phytonutrients. Many of these phytonutrients are strong antioxidants that help protect cells from damage by free radicals that are produced naturally by our bodies. Protection from the damage done by free radicals is thought to play a key role in reducing the risk for many diseases such as heart disease and cancer. Preliminary studies have shown that quercetin, a phytonutrient found in grapes, may be helpful in maintaining a healthy heart and lungs.

So treat your taste buds and do something good for your health during the winter months with a refreshing rainbow of grapes from Chile.

### Grape Volcano Smoothie

- ½ cup Chilean seedless green grapes
- ½ cup 1% milk
- ½ cup plain, low-fat yogurt
- 1 tablespoon brown sugar
- ⅛ teaspoon vanilla
- 2 ice cubes, cracked

Put all ingredients in a blender. Blend at high speed for 15 seconds. Makes 1 serving and is a 5 A Day for Better Health recipe.

Nutrients per serving: Calories 237; Protein 11g; Fat 4g; Calories from Fat 14%; Carbohydrate 42g; Cholesterol 12mg; Fiber 1g; Sodium 153mg.

For more information on grapes or other produce, click on these resourceful Web sites: [www.5aday.com](http://www.5aday.com); [www.cffa.org](http://www.cffa.org); [www.aboutproduce.com](http://www.aboutproduce.com).