

## NEWS OF NUTRITION

IF YOU'RE LIKE NINETY-THREE PERCENT OF AMERICANS, HEART HEALTH IS IMPORTANT TO YOU. FORTUNATELY, CONSUMING HEART-HEALTHY FOODS MAY BE EASIER AND MORE COLORFUL THAN YOU REALIZE. RESEARCH SHOWS THAT PURPLE FRUITS, INCLUDING CONCORD GRAPES, DELIVER PLANT NUTRIENTS KNOWN AS POLYPHENOLS THAT SUPPORT A HEALTHY HEART. IN FACT, THANKS TO THE PURPLE CONCORD GRAPE, WELCH'S ONE HUNDRED PERCENT GRAPE JUICE PROVIDES MANY OF THE SAME HEART-HEALTH BENEFITS AS RED WINE. EVERY EIGHT-OUNCE GLASS CONTAINS TWO SERVINGS OF FRUIT WITH NO ADDED SUGAR, COLORS, FLAVORS OR PRESERVATIVES. FOR MORE HEART-HEALTHY INFORMATION AND RECIPES, GO TO [WELCHS--DOT--COM](http://WELCHS--DOT--COM).