The Power of the Grape

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FACT SHEET
for health professionals

Welch's 100% Grape Juice made with Concord Grapes

Fueling a healthy, vibrant lifestyle

Drinking Welch's 100% Grape Juice made with Concord grapes can help fuel a healthy, vibrant lifestyle. Each glass of Welch's 100% Grape Juice starts with whole Concord grapes grown in North America by Welch's network of 1,150 family-farmers. For generations, this has helped ensure that only the best Concord grapes go into Welch's 100% Grape Juice, so that each sip tastes refreshing and delicious—and delivers the nutrition goodness of Concord grapes.

Welch's 100% Grape Juice made with Concord grapes is a heart-healthy juice that's been certified by the American Heart Association (AHA) and carries the AHA's heart-check mark. Plus, Welch's 100% Grape Juice helps contribute to overall health by providing a convenient way to squeeze more fruit into a healthy, daily diet. The whole Concord grape—skin, seeds and all—is pressed to release the goodness of the grape in every glass, and just 4 oz. of Welch's 100% Grape Juice counts as one serving (½ cup) of fruit, with no added sugar, color or flavor.

Polyphenols, some of which give deep-purple Concord grapes their vibrant color, are plant nutrients that naturally function as antioxidants and help promote overall health.[1-3] Concentrated in the skin and seed of Concord grapes, polyphenols act as antioxidants to help neutralize free radicals, which can harm healthy cells.[1,2] Welch's 100% Grape Juice also contains the antioxidant vitamin C, an essential nutrient that can help support a healthy immune system.[4]

Most people need to enjoy more fruits and vegetables in their diets for overall health.[5,6] In particular, most people fall short on getting enough purple and blue fruits and vegetables, which only account for about 3% of total fruit and vegetable intake.[7] According to a national survey, consuming purple and blue fruits and vegetables is associated with healthier dietary patterns in children and adults, and overall better health in adults.[8] Science suggests that dark-skinned purple and blue fruits, like the Concord grape, tend to have more natural antioxidant power[9] than their lighter-skinned counterparts, as measured by ORAC, [10] and have antioxidants and plant nutrients not found in many other colors of fruits and vegetables.[11]

For additional information and resources, visit welchs.com/health.

Welch's
FAMILY FARMER OWNED

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