



# The Power of the Grape

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**FACT SHEET**  
*for health professionals*

## **Welch's 100% White Grape Juice made with Niagara Grapes** *Fueling a healthy, vibrant lifestyle*

Welch's 100% White Grape Juice is simply that—100% juice made with white grapes, like the Niagara grape, cultivated in North America by Welch's network of 1,150 family-farmers. Many 100% juices labeled as "white grape juice" may contain other clear juices such as apple or pear juice in addition to grape juice. Welch's 100% White Grape Juice is made with *whole* Niagara grapes—skins, seeds and all—which are pressed to release the natural goodness from each grape including polyphenols, or plant nutrients. This process helps ensure that premium Niagara grapes are squeezed into every glass of Welch's 100% White Grape Juice, delivering its unique, crisp taste and nutrition benefits.

Like its cousin the dark-purple Concord grape, the white Niagara grape is a natural (and stain-free!) way to enjoy antioxidant power, because polyphenols act as antioxidants, which can help protect against damaging free radicals that can harm healthy cells.<sup>1,2</sup> Welch's 100% White Grape Juice is also a delicious and easy way to squeeze more fruit into families' diets. Studies show that most Americans still need more fruits and vegetables in their diets for overall health.<sup>3,4</sup> A 4-oz. glass of Welch's 100% White Grape Juice made with Niagara grapes counts as one serving (½ cup) of fruit. And, the natural sweetness of Welch's 100% White Grape Juice comes only from the grape— each glass contains no added sugar, color or flavor.

*For additional information and resources, visit [welchs.com/health](http://welchs.com/health).*

### **References:**

<sup>1</sup> O'Byrne DJ, Devaraj S, Grundy SM and Jialal I. Comparison of the antioxidant effects of Concord grape juice flavonoids and alpha-tocopherol on markers of oxidative stress in healthy adults. *Am J Clin Nutr.* 2002. 76(6):1367-1374.

<sup>2</sup> Castilla P, Echarri R, Davalos A, Cerrato F, Ortega H, Teruel JL, Lucas MF, Gomez-Coronado D, Ortuno J and Lasuncion MA. Concentrated red grape juice exerts antioxidant, hypolipidemic, and antiinflammatory effects in both hemodialysis patients and healthy subjects. *Am J Clin Nutr.* 2006. 84(1):252-262.

<sup>3</sup> Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.

<sup>4</sup> Centers for Disease Control and Prevention. *Fruit and Vegetable Consumption Among Adults - United States*, 2005. *Morbidity and Mortality Weekly Report.* 2007. 56(10):213-217. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5610a2.htm>. Last Updated: March 15, 2007. (Accessed May 21, 2010).

