RED & WHITE GRAPES







There are more than 8,000 varieties of grapes that can be found throughout the world—white, red, black, blue, green, purple and golden. Can you find something around you that's each of these colors?

PRODUCE PARTICULARS



Grape grow on vines that can grow up to 50 feet long!



Grapes are also high in Vitamin C which helps your immune system fight off illnesses.



People have been growing grapes for over 8,000 years.



Nutrition Facts 1 serving per container Serving size 100 a Amount per serving 70 Calories % Daily Value Total Fat 0g Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 0mg 0% Total Carbohydrate 18g 7% Dietary Fiber 1g 3% Total Sugars 15g Includes 0g Added Sugars 0% Protein 1g Vitamin D 0mcg 0% Calcium 10mg 0% Iron 0.4mg 2% Potassium 190mg The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Carbohydrate 4 INGREDIENTS: Grapes, Red Or Green

(European Type, Such As Thompson

FRESHEALTH