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News Release

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Video Series Debuts: Regionally Inspired Recipes Unveiled by Media Dietitian Personalities
15 new recipes featuring grapes from California, tips for healthy eating and entertaining

Fresno, CA – A new video series, starring five of the most recognized registered dietitians in the country, debuts with 15 new regionally inspired recipes featuring grapes from California, plus tips for healthy eating and entertaining.

Shot in each dietitian’s hometown, the videos invite viewers into the kitchen to see the ease with which grapes from California can be used to add a punch of flavor, texture, color and health to meals and snacks. “From yogurt power bowls with California grapes to grape sushi rolls to raw root vegetable and grape salads the recipes are new, diverse, and delicious,” said Jeff Cardinale, commission vice president of communications. “And the videos show the many ways grapes from California are a simple, healthy, tasty addition to meals, snacks; truly one ingredient that can change everything.”

The dietitians featured in the series are: [Patricia Bannan, MS, RD](#), a Los Angeles-based registered dietitian specializing in nutrition and health communications; “Nashville’s Nutrition Expert” [Sarah-Jane Bedwell, RD](#); [Dawn Jackson Blatner, RD, CSSD, LDN](#), a Chicago-based registered dietitian and certified specialist in sports dietetics; [Tara Gidus, MS, RD](#), “The Diet Diva” from Orlando; and [Heather K. Jones, RD](#), a San Francisco-based registered dietitian with a focus on weight management.

Cardinale noted that, grapes of every color contain a variety of antioxidants and other polyphenols, natural components in grapes that may contribute to a healthy heart. And, with just 90 calories, no fat, no cholesterol and virtually no sodium in a ¾ cup serving of grapes, you can feel good about mixing grapes into just about any dish or eating them one by one. Apart from being a natural source of beneficial antioxidants, grapes also contain potassium and are a good source of vitamin K, which plays a role in helping blood to clot.

To view the entire video series and get the new recipes, visit the [Grapes from California Website](#).

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