



CALIFORNIA
TABLE GRAPE
COMMISSION

392 W. Fallbrook,
Suite 101
Fresno, California
93711-6150
phone: 559.447.8350
fax: 559.447.9184
grapesfromcalifornia.com

News Release

FOR IMMEDIATE RELEASE
November 7, 2013

Contact: Jeff Cardinale
jeffc@grapesfromcalifornia.com

“Nashville’s Nutrition Expert” Sarah-Jane Bedwell Stars in New Grape Video
Distinguished Dietitian Showcases Three New Recipes with Grapes from California

Fresno, CA – What’s the one ingredient that can change everything? According to “Nashville’s Nutrition Expert” [Sarah-Jane Bedwell, RD](#), the official food and nutrition blogger for *SELF Magazine*, a regular on the *Today* show, and author of the upcoming book *Schedule Me Skinny: Plan to Lose Weight and Keep It Off in Just 30 Minutes a Week*, the answer is easy: When it comes to healthful eating, it’s grapes from California.

“Small changes in the way you think about and prepare foods – in fact, even one small change – can make the difference in keeping your body fueled and satisfied,” said Sarah-Jane. “The one ingredient that I think changes everything: grapes from California. Whether you choose green, black or red California grapes, the sweet crunch infuses meals with flavor and nutrition, offering a satisfying and healthful element to your favorite recipes.”

Sarah-Jane stars in a just-released video featuring new recipes that demonstrate just how easy it is to mix grapes into everyday dishes for a boost in flavor and health. Along with her favorite tips for eating well, she demonstrates these three new and unique grape recipes:

- Grape Grilled Cheese Sandwich
- Cornbread Dressing with Roasted Grapes, Walnuts and Pancetta
- Peanut Butter and Grape Trifle

One of Sarah-Jane’s favorite tips: Healthy eating definitely doesn’t mean boring. Take an old favorite and give it a new twist, like in the Grape Grilled Cheese Sandwich recipe. Grapes add an important nutritional and flavorful element to this crispy-on-the-outside-goopy-on-the-inside American favorite.

Grapes of every color contain a variety of antioxidants and other polyphenols and natural components that may contribute to a healthy heart. Grapes also contain potassium and are a good source of vitamin K, which plays a role in helping blood to clot. And, with just 90 calories, no fat, no cholesterol and virtually no sodium in a 3/4 cup serving of grapes, you can feel good about mixing grapes into just about any dish or eating them one by one.

To view Sarah-Jane’s videos, as well as the entire “The One Ingredient That Can Change Everything” video series, plus download the new recipes, visit the [Grapes from California Website](#).

###