



CALIFORNIA  
TABLE GRAPE  
COMMISSION

392 W. Fallbrook,  
Suite 101  
Fresno, California  
93711-6150  
phone: 559.447.8350  
fax: 559.447.9184  
[grapesfromcalifornia.com](http://grapesfromcalifornia.com)

# News Release

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Contact: Jeff Cardinale  
[jeffc@grapesfromcalifornia.com](mailto:jeffc@grapesfromcalifornia.com)

## **Heather K. Jones 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 [Heather K. Jones, RD](#), a health journalist specializing in weight management and behavior change therapy and the author of several nutrition books, the answer is easy: When it comes to healthful eating, it’s grapes from California.

“I love grapes from California because they are packed with antioxidants and other polyphenols all for just 90 calories per serving,” said Heather. “They are a tasty and versatile ingredient that works great in all courses, like the new recipes that I demonstrate in my new video.”

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

- California Grape and Avocado Salad
- Honey-Balsamic Chicken with California Grapes
- Mini Grape Crisps with Nutty Oat Topping

One of Heather’s favorite tips: Healthy eating doesn’t mean you have to sacrifice dessert! It’s easy to find healthy ways to indulge – watch portion sizes and always add fresh produce to the mix, like grapes from California. Fruit adds a natural sweetness that isn’t big on calories.

In fact, with just 90 calories, no fat, no cholesterol and virtually no sodium in a  $\frac{3}{4}$  cup serving of grapes, you can feel good about mixing grapes into just about any dish or eating them one by one. Grapes of every color contain a variety of antioxidants and other polyphenols and natural components that may contribute to a healthy heart. 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 Heather’s videos, as well as the entire “The One Ingredient That Can Change Everything” video series, plus to download the new recipes, visit the [Grapes from California Website](#).

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