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News Release

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“Diet Diva” Tara Gidus 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 [Tara Gidus, MS, RD](#), who is the “Diet Diva” on the nationally syndicated morning television show “The Daily Buzz,” the Orlando Magic basketball team’s dietitian, as well as author of *Pregnancy Cooking & Nutrition for Dummies*, the answer is easy: When it comes to healthful eating, it’s grapes from California.

“As a busy mom, I’m always looking for that special ingredient that makes meal and snack time easy and delicious. And, as an RD, I want to know that what I’m making is nutritious,” said Tara. “Grapes from California pack both a nutritional punch and a flavorful crunch whether as a go-to snack or in a recipe.”

Tara 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:

- Yogurt Power Bowl with California Grapes
- Raw Vegetable and Grape Salad
- Italian Sausage Flatbread with California Grapes

One of Tara’s favorite tips: It’s all about the unexpected ingredient that adds both nutrition and flavor. Her recipe for Italian Sausage Flatbread with California Grapes is a healthier version of pizza that doesn’t sacrifice taste. The one ingredient that changes this recipe? Grapes from California!

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 Tara’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](#).

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