

Green Grapes

Look:

Green seedless grapes are small to medium in size and grow in clusters. Their skin and flesh are a pale translucent green color.

Taste:

Green seedless grapes release a burst of juice when bitten into to. They have a sweet and slightly tart taste.

Touch:

The outside of the green grape is smooth and the inside is wet and juicy.



Berries are botanically classified as berries.



Did you know?

Green seedless grapes are used to make raisins!



Health Benefits

- Supports immune function and helps the body fight infections.
- Has important nutrients like copper, potassium, vitamin K, and B vitamins.
- Supports heart health
- May improve circulation
- Can help with blood sugar
- High water and fiber content promote a healthy gut and can help prevent constipation.
- Vitamins C and E, along with antioxidants, protect the skin from aging and environmental stressors.
- High water content helps keep you hydrated.
- Grapes contain lutein and zeaxanthin, which are compounds that support eye health.