



## Grape Juice

Canned, unsweetened grape juice is 100% juice, with no added sweeteners. Grape juice has been fortified; making it a good source of vitamin C. Grape Juice is fat-free and low in sodium.

### Nutrition Information

Grape juice is part of the fruit group. Foods from the fruit group provide important nutrients like vitamin A, vitamin C and potassium.

Based on MyPyramid,  $\frac{1}{2}$  cup of grape juice provides  $\frac{1}{2}$  cup from the fruit group.

A typical person should try to eat 2 cups of fruit every day.

Whole fruits have more fiber than fruit juices, so be sure to include whole fruit as part of your healthy diet.



### Storage

Store unopened cans in a cool, dry place off the floor.

Store opened grape juice in a tightly covered plastic container in the refrigerator.

**Use within 5 to 7 days!**

**Do not use canned juice if can is rusted, bulging, or dented. Throw it away!**

### Uses

- ✓ Blend grape juice with fresh fruit, yogurt, and ice to make a fruit smoothie.
- ✓ Mix  $\frac{1}{2}$  cup juice with  $\frac{1}{2}$  cup sparkling water for a sparkling soda.
- ✓ Fill an empty ice-cube tray with grape juice to make frozen juice pops.

**Know how. Know now.**



# Recipes



## Purple Cow

1 serving

$\frac{1}{2}$  c. vanilla ice cream    $\frac{1}{2}$  c. grape juice

1. Place ice cream into an 8 ounce cup.
2. Pour grape juice over ice cream. Serve right away.

**Nutrition Information per Serving:** Calories 210, Total Fat 7 g (11% DV), Saturated Fat 4.5 g (23% DV), Cholesterol 30 mg (10% DV), Sodium 60 mg (3% DV), Total Carbohydrate 35 g (12% DV), Dietary Fiber 0 g (0% DV), Sugars 33 g, Protein 2 g, Vitamin A 6%, Vitamin C 0%, Calcium 8%, Iron 0%.



All recipes can be found in The Cook's Helper 2<sup>nd</sup> edition, University of Nebraska-Lincoln Extension, Nutrition Education Program  
Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.