

Student's Name

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The Roles of Grapes and Grape Products in Health

Vislocky and Fernandez's article, "Grapes and Grape Products: Their Role in Health," gives a thoughtful review of the health benefits derived from grapes and their products. The review starts with the description of grapes before the breakdown of benefits that derive from using them. Being a member of the berry family, grapes grow in cluster of 15 to 300 fruits per stem.

They exist in a wide range of colors, including; crimson, dark blue, black, green, yellow, pink, and orange. Similarly, grapes can be grouped into various that can be used for different purposes. Often they can be used for the manufacture of wine, jam, vinegar, jelly, grape seed extracts, juice, grape seed oil, and raisins.

Researchers hold that both grapes and grape juices have benefits to adults, mainly through inflammatory and cardio-protective effects. In addition, they are nutritious, healthy, and enhance vascular protection. This, particularly, makes them a perfect suite for nearly all meals.

Both American Dietetic Association and American Diabetes Association, on the other hand, outline the recipe for serving grapes. They hold that fresh grapes should be served in one-

half cup or an equivalent of 65 grams. However, grape juices should be served in one-third cup or an equivalent of 80 milliliters (Vislocky and Fernandez, 2013, p. 47).

Arguably, one fresh grape contains about 45 calories, 12 grams of carbohydrates, 0.5 grams of fiber, 0.5 grams of proteins, and very little fat content. Besides, grapes are also providers of natural vitamins, especially vitamin C, on a smaller scale; they can also provide thiamin, niacin, riboflavin, pantothenic acid, and vitamins B6 and E.

Grape products also have benefits to blood circulatory system of the body. For instance, they can prevent the cardiovascular diseases by improving the endothelial function. As a result, the function of the vascular is improved as well as the dilation of the brachial artery is increased.

The above experience is mainly owed to the consumption of grape products. For instance, research has revealed that such an experience would be observed in a healthy adult after thirty minutes of taking half a liter of de-alcoholized red wine. It reaches the peak in an hour after full ingestion of 600 milligrams of red grape poly-phenol wine extract (Vislocky and Fernandez, 2013, pg 48).

This experience can be sustained through daily consumption of different grape products. Health-wise grapes have many benefits to their consumers. They can be used for the treatment of indigestion, kidney disorders, constipation, fatigue, cataracts prevention, and macular degeneration.

The flavonoid contents in grapes act as antioxidants that reduces free radical damages as well as slowing down old age. Grapes are also used in protection of Alzheimer disease and oral health, enhancement of motor and cognitive function, and improvement of skin texture.

Moreover, they can be used for protection of ultra-violet induced skin cancer of the sun and improving the body immune system.

Incorporating grape products in the daily diets would effectively gain those suffering from diabetes. The grape content does not negatively affect either insulin or glucose levels. This, therefore, would eliminate the weight gaining that would worsen the diabetic situation.

To sum up, I would like to point out the fact that this article is an ideal guideline for the consumption of grape and its products. Actually, it is a must read as it not only outlines the consumption recipe of grapes, but also its nutritional values, health benefits, and enhancement of blood circulation. Perhaps, it should be available to all cuisines, hotels and restaurants.

An easy-to-read article is both a comprehensive recipe and an informative guide to uses of grapes. The authors articulately outline all the fundamental information about grapes – right from the description to benefits. There is no doubt that any reader would get all information about grapes and their influence on a person's health.

Work Cited

Vislocky, Lisa M. PhD, RD; Fernandez, Maria Luz PhD. Grapes and Grape Products: Their Role in Health. *Nutrition Today*. 48(1): 47-51, January/February 2013

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