What is a Serving?
A serving of grapes is one cup. This is about two cupped handfuls.

Grapes of Math
Count the grapes in the bunch below to answer the following questions:

(answers below)
1. How many grapes are there? ___________________
2. If you ate half of the grapes, how many would be left? ____________
3. If you gave half of the leftover grapes to your friend, how many grapes would you have? ____________

Answers: 1. 16; 2. 8; 3. 4

Eat the Rainbow!
Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Grapes can be red, green, white or purple.

- Red fruits and vegetables help maintain a healthy heart and memory function. Examples include red grapes, cherries, strawberries, watermelon, beets, red onions, red potatoes and red bell peppers.
- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include green grapes, kiwis, honeydew melons, avocados, sugar snap peas, cabbage and cucumbers.
- White/tan/brown fruits and vegetables help maintain a healthy heart and good cholesterol. Examples include white grapes, brown pears, bananas, white nectarines, white peaches, figs, cauliflower, mushrooms, jicama and parsnips.
- Blue/purple fruits and vegetables help maintain memory function and healthy aging. Examples include purple grapes, blueberries, blackberries, plums, purple figs, raisins, purple potatoes, purple carrots and eggplants.