

Benefits Of Grapes

For Children

And Ways To Consume

Benefits

Boost immune system



Keeps the brain healthy



Promotes good sleep



Enhances bone health



Ways To Include Grapes In Your Child's Diet

Serve homemade grape juice instead of sugary beverages after play or school.



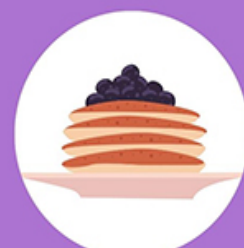
Try making homemade grape jam, jelly, and ice cream.



Serve juicy grapes, whole-wheat crackers, and cubed cheese as snacks.



Use fresh grapes as topping on french toast, pancakes, and waffles, and you can also add them to smoothies and cereal bowls.



References

1. 10 Health Benefits of Grapes; Cleveland Clinic