



Grapes – delicious and healthy

In folk medicine, the red/blue berries in particular are considered to be blood-forming, strengthening and blood-purifying. The active ingredients they contain (around 1600 have been discovered so far!) are effective against harmful bacteria and viruses, free radicals, relieve inflammation and have a positive effect on the intestinal flora because they increase the diversity of bacterial strains living in the intestine, e.g. Akkermansia [1]. Grapes strengthen the heart and immune system and lower blood pressure (through the antioxidant plant substances polyphenols, which are believed to influence the health of blood vessels due to their anti-inflammatory effect), blood sugar and cholesterol levels. As the formation of pro-inflammatory messenger substances is reduced, the skin cells are also stabilized and can protect themselves better against high UV exposure [2].

100 g of fresh grapes contain 71 kcal (compared to apples 52 kcal, strawberries 32 kcal, potato chips 535 kcal per 100 g). 100 g of grapes contain 15.4 g of sugar, of which 7.3 g is glucose and 7.6 g is fructose (note if you have a proven fructose intolerance!). The glycemic load (GL) is low at 7.2, which means they provide you with long-term energy without causing cravings and raising blood sugar levels. What to bear in mind:

- Grapes are one of the fruits most contaminated by pesticides [3]. Therefore, use organic grapes from Europe if possible.
- They should look crisp when you buy them. Stem bases and the stalk should still be green. Grapes that are already damaged at the stem base are susceptible to mold. It is best to remove these grapes immediately.
- A white “veil” on the grapes is usually a natural freshness shield that protects the fruit from drying out and mold. This can be removed by thorough washing (just before eating!) along with other deposits [4].
- Whole berries are definitely preferable to juice from a health point of view. By drinking the juice, you consume a lot of sugar in a short time, which can increase your concentration for a short time, but can also promote diabetes [5].
- Try to get red or blue grapes with seeds and chew them while eating. They contain the valuable oligomeric procyanidins (OPC), which have antioxidant, antimicrobial and antidiabetic properties.

Literature:

[1] <https://www.akkermansia-probiocult.de/akkermansia-muciniphila>

[2] Allen S.W. Oak et al. Dietary table grape protects against UV photodamage in humans: 1. clinical evaluation, Journal of the American Academy of Dermatology (2021)

[3] https://www.cvua-stuttgart.de/download/docs/CVUAS_RK_Obst_konv_2024_Anlagen.pdf

[4] <https://www.gartenjournal.net/weintrauben-weisser-belag>

[5] <https://spoonuniversity.com/school/bc/juices-as-healthy-as-fruit/>

[6]

https://www.researchgate.net/publication/306293881_The_impact_of_grape_seed_extract_treatment_on_blood_pressure_changes_A_meta-analysis_of_16_randomized_controlled_trials

[7] <https://www.smarticular.net/weintraubenkerne-inhaltsstoffe-gesund-verwerten/>



Dr. phil. & HP Cornelia Renate Gottwald, Your Holistic Health Coach since 2006
Von Eichendorff Ring 10 a, D - 84405 Dorfen, Phone 0049-8081-9158, www.best-in-balance.de