

Questions from the Grape PBH Webinar That Didn't Get Answered During the Session

Q: For adults 1 1/4 cups a day but for kids , what will be the recommended amount per day and is there any study showing benefits on development for kids ?

A: We are not aware of any specific studies that were conducted with children and grapes. Grapes are a whole food, and one serving of grapes is 3/4 cup, so people of all ages can enjoy grapes.

Q: In dealing with the elderly, will consuming grapes at this stage have as good effect as studies indicate?

A: Without having specifically studied this population, we can't definitively say what the outcome would be, but grapes, as a whole food, are considered a healthy fruit for all ages.

Q: What are the research results regarding wine and heart health?

A: Wine contains the same heart healthy compounds that are found in fresh grapes, but it also contains alcohol. According to the government website Medline Plus, studies have shown that adults who drink light-to-moderate amounts (2 to 7 drinks per week) of white and red wine, beer, and distilled spirits (hard liquor) are less likely to develop heart disease than those who do not drink at all or are heavy drinkers. However, heavier drinking can harm the heart and liver. Heart disease is the leading cause of death in people who abuse alcohol.

It is not recommended that you begin drinking or drink more often just to decrease your risk for heart disease.

Q: Was it surprising to you to see that it did not matter what color the grapes were-they had the same health benefit?

A: Most of the grape and health studies are actually conducted on a variety of colors of grapes via the freeze-dried whole grape powder that is used, so the benefits observed are from consuming a variety of grapes.

Q: What do you know about grape seed oil for cooking?

A: There seem to be different opinions out there. Grapeseed oil is typically considered to have a high smoke point which is generally desirable for cooking at higher temperatures. But grapeseed oil is also

predominantly comprised of polyunsaturated fats, which are unstable at high temperatures and can result in free radical production. Interestingly, the Cleveland Clinic categorizes grapeseed oil as a medium-high smokepoint oil, but notes to choose it sparingly due to its high in omega-6 fat content.

Q: Would you recommend organic grapes if a patient is eating daily to limit pesticide exposure where grapes are listed on the dirty dozen list for fruits and vegetables?

A: -- Most of the research on the health benefits of fruits and vegetables is not done with organic produce. .

This is the first time that domestic grapes have appeared on this list and is contradictory to the data available: The latest (2010) USDA's Pesticide Data Program Report shows only two grape samples – and these were imported grapes - that had pesticide residue over tolerance. The latest (2011) California Department of Pesticide Regulation Report shows that of 74 grape samples analyzed, 6 had pesticide residue, and they were imported grapes, and all were under tolerance.

Look here for more information about [pesticides & produce](#)