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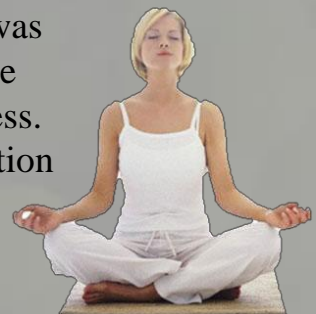
10 Top Reasons

Why Eating Grapes will Benefit your Health

Apart from their delicious flavor, grapes are known to have many health benefits. We have collected the top 10 reasons why grapes are good for you:

#1 Grapes help counter stress:

A study which was conducted at the University of Houston in the US was recently published in the Journal of Nutrition Research. The results have suggested that a grape-enriched diet may help counter the effect of stress. The researchers propose that the protective benefits of grape consumption start with enhanced antioxidant activity that reduces oxidative stress levels. Once the oxidative stress is minimized, activation of key genes that help promote the survival of brain nerve cells is triggered.



#2 Easy on the eyes:



A new research by the Bascom Palmer Eye Institute of the University of Miami highlights that eating grapes can play a significant role in reducing eye health risks and ensuring proper eye care.

The retina is the part of the eye that contains the cells that respond to light, also known as photoreceptors. Eating a grape-enriched diet has a protective effect on retinal structure and function. According to the research, eating more grapes brings down inflammatory protein levels and increases the number of protective proteins in the retina.

#3 Eating grapes helps prevent Cancer:

Grapes contain Resveratrol: a powerful phytonutrient that is known to have anti-cancer and anti-inflammatory properties.

#4 ❤️ Grapes are good for your heart ❤️:

Grapes may reduce heart-attack risk factors by improving blood flow, arterial flexibility and blood vessel function.

#5 Anti-aging benefits:

The abundance of antioxidants in grapes slows cell damage caused by oxidation and **slows the aging process.**

#6 Grapes boost your immune system:

Grape consumption increases the amount of T cells in your body, which helps the immune system fight off viruses and bacteria.

#7 Power up your weight loss:

An exciting research led by Mary Anne Della Fera, PhD at the University of Georgia, found that resveratrol, found in purple or red grapes, works on the body in two ways to significantly assist with weight loss efforts:

- 1) It dramatically reduces cells' ability to store.
- 2) Causes fat cells to disintegrate more than twice as fast than normal.



#8 Lower blood cholesterol:

Saponins are chemical compounds that are found in abundance in grape skins. They bind with cholesterol, thus preventing its absorption in the body.

#9 Improve bone health:

Research shows that a grape-rich diet may improve bone calcium retention and increase thigh bone cortical thickness.

#10 Alleviate allergy symptoms:

Grapes contain quercetin, which has anti-inflammatory effects, and may help alleviate symptoms of allergies including runny nose, watery eyes and hives. In addition, Red grapes contain a mix of antioxidants that are believed to help inhibit inflammation in the airways, easing allergy symptoms like swollen sinuses or congestion, according to a study in the journal Asthma.

