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TABLE GRAPE
COMMISSION

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News Release

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Registered Dietitians Learn About Grapes from California

FRESNO, California – More than 50 registered dietitians from major supermarkets across the U.S. attended a webinar held by the California Table Grape Commission. It was presented by Courtney Romano, registered dietitian, and Cindy Plummer, commission vice president of domestic marketing.

Key message points included:

- California grapes are America's local grapes.
- Grapes of all colors contain a mix of polyphenols and antioxidants, including resveratrol.
- 99 percent of primary shoppers prefer grapes from California.
- Grapes are a healthy snack.

The webinar titled, "Straight from the Vine – A Healthy Cluster of Nutrition Research, Consumer and Retail Strategies," complements the annual What's in Store event for supermarket dietitians that the commission is co-sponsoring on September 24 in San Diego.

"Working with supermarket health professionals is a good way to reach consumers at the retail level," said Plummer. "It also helps build relationships and credibility with retailers."

The webinar included an overview of the California table grape industry, a look at the importance of grape health benefits and a review of the commission's health and consumer research. The dietitians received continuing education credit for attending the webinar.

The California Table Grape Commission was created by the California legislature in 1967 to increase worldwide demand for fresh California grapes through a variety of research and promotional programs.

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