

SAISD CHILD NUTRITION SERVICES  
FRESH FRUIT & VEGETABLE PROGRAM

# COTTON CANDY GRAPES



Cotton candy grapes taste remarkably like cotton candy. The initial burst of sweetness is followed by a mild, juicy flavor. These grapes are **fat free, cholesterol free, and sodium free**. A half-cup serving consists of 50 calories and 14 grams of sugar which is similar to green and red grapes. Much like normal grapes, cotton candy grapes come with a long list of health benefits. They can keep your blood sugar stable, relieve inflammation, boost brain function, and even fight off cancer cells and bacteria.

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