

Grapes for Snacks?

by John Rizzo

It's not easy to find fault in eating fruit, but to a diabetic not all fruits are created equal. The glycemic index is one way to determine what fruits are better tolerated for a diabetic diet. It signifies how quickly blood sugar may rise after eating specific carbohydrates. And the glycemic load correlates the amount of carbs in a particular food and its glycemic index. For example, watermelon has a high glycemic index and can adversely affect a person who has difficulty with blood sugar balance. But grapes are considered to have a medium glycemic index and a low glycemic load. Grapes contain a lot of water and fiber which release the sugars into the blood stream at a slower pace.

Resveratrol, a polyphenol found in grapes, has long been suggested to have antioxidant properties which protect the body against heart disease. Red wine comes to mind when discussing the heart healthy properties of resveratrol which is found in the skin of red grapes. There is now focus on its benefit in preventing insulin resistance which can be a precursor to diabetes. Studies have shown that mice that have consumed large quantities of resveratrol have been able to live on high-calorie diets without obesity-related health problems. These same studies also correlate grape intake to better blood sugar balance, better insulin regulation, and increased insulin sensitivity.

Watermelon Waldorf Salad

Yield: 6 Cups

Seedless Watermelon, Diced 1/2 Inch	4 Cups	Red Seedless Grapes, Split in 1/2	1 Cup
Celery, Diced 1/4 Inch	1 cup	Toasted Almonds	1/4 Cup
Vanilla Yogurt	6 oz.		

Combine the watermelon, celery and grapes and mix well. Gently fold in the vanilla yogurt and mix until the fruit is coated evenly.

Place in a serving bowl and chill thoroughly. Just before serving, sprinkle the top with toasted almonds.