Raicins
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1. Grapes and raisins

## Grapes and raisins: what should be your pick?

While grapes are sweet seasonal fruits which are relished by people of all ages alike, raisins are the dried form of the fruit. Raisin is a popular dry fruit and is often added to desserts to sweeten them up. When it comes to grapes vs raisins, let's see which one bags the prize of being healthier.

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Grapes or raisins?


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While grapes contain around 80\% water, raisins contain just $15 \%$. As compared to the grapes raisins have nearly three times the antioxidant capacity. Grapes contain more vitamins than raisins. Grapes are loaded with vitamin K, E, C, B1 and B2, which are present in lesser amounts in raisins.

SOME PHOTOS

Types of raisins and

## Types of raisins <br> and grapes

There is a large variety of grapes and raisins available at our disposal. In India, you will usually get green, black and red grapes. Resveratrol is an antioxidant which is found in large amounts in red grapes. This compound helps in lowering blood pressure and reduces the risk of heart diseases.

Similarly, you will easily get golden, green and black raisins in India. Golden raisins are said to be the healthiest as they have more flavonoids than any other variant.

04. Who wins in the gance of Calories?

## Who wins in the game of Calories?

For people on a diet, fruits are an important part of the diet. Grapes contain very low calories and are loaded with fibre, which is essential in preventing hunger pangs as it keeps you full for long.

However, raisins carry more calories than
grapes. In the process of drying grapes out, there is a concentration of antioxidants and sugar which takes the form of calories. A half-cup of raisins contains approximately 250 calories, while the same serving of grapes contains only 30 calories.
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Want some extra nutrients? Go for Raisins

## Want some extra nutrients? Go for raisins

Raisins are a good source of fibre, potassium, iron, and essential minerals. Raisins contain a compound called tartaric acid, which is said to have anti-inflammatory properties. Researches have shown that tartaric acid can improve intestinal function and help in keeping the balance of bacteria in your gut.
want better
skin? Munch on some grapes

## Want better skin? Munch on some grapes

Grapes are full of antioxidants and vitamin C. Both these nutrients helps in keeping the skin cells young and also protects your skin from cancer-causing ultraviolet radiation. Grapes are also used in several homemade remedies and face packs, as it reduces dark spots and wrinkles.


Thank you for your attention

