Self-Study Module

The Power of the Grape: Research on Concord grapes, grape polyphenols, and heart health, plus emerging areas of study

Quiz:

1. The skin of the Concord grape has a high concentration of:
   a. anthocyanins.
   b. flavanols.
   c. phenolic acids
   d. stilbenes.

2. On average, the antioxidant potential of a serving of Concord grape juice is about the same as a serving of:
   a. apple juice.
   b. white grape juice.
   c. red wine.
   d. tea.

3. Studies have demonstrated that Concord grape juice can positively impact:
   a. triglyceride levels.
   b. LDL cholesterol levels.
   c. the rate of LDL oxidation.
   d. the LDL/HDL ratio.

4. Research suggests that Concord grapes may deliver the following cardiovascular benefits except:
   a. supporting healthy blood flow.
   b. having an anti-clotting effect.
   c. maintaining healthy blood pressure in certain populations.
   d. sustaining a normal heart rhythm.

5. The polyphenols in grape juice have been shown to stimulate the production of ___ which can promote arterial relaxation.
   a. nitric oxide
   b. nitric acid
   c. carbon dioxide
   d. lactic acid
6. Research suggests that the anti-platelet effect associated with drinking Concord grape juice are attributed to the presence of:
   a. proanthocyanidins and other flavonoids.
   b. tocopherols and tocotrienols.
   c. oxalic acid and phytic acid.
   d. xanthophylls and other carotenoids.

7. One study of the effect of Concord grape juice on arteries found that those who drank grape juice for two weeks had improved flow-mediated dilation of the ______ artery.
   a. fibular
   b. popliteal
   c. brachial
   d. right coronary

8. Based on one study on men and women with prehypertension or stage 1 hypertension, results suggest that the consumption of Concord grape juice may help lower _____ blood pressure.
   a. diastolic
   b. nocturnal
   c. systolic
   d. ambulatory

9. Emerging research suggests that Concord grapes may benefit those with:
   a. rheumatoid arthritis.
   b. osteoporosis.
   c. age-related cognitive decline.
   d. heart failure.

10. A study on the consumption of Concord grape juice and human immunity found that subjects who consumed 100% grape juice made with Concord grapes and with added vitamin C had greater numbers of:
    a. gamma delta T-cells.
    b. alpha beta T-cells.
    c. basophils.
    d. monocytes.

11. A healthy mix of polyphenols can be obtained by consuming a diet rich in:
    a. monounsaturated oils.
    b. nuts and seeds.
    c. colorful fruits and vegetables.
    d. fat-free or low-fat dairy foods.
12. Blue and purple fruits and vegetables account for about ___ percent of total produce intake.
   a. three 
   b. seven 
   c. ten 
   d. twelve 

13. The most popular blue/purple fruits and vegetables are:
   a. grapes, 100% grape juice, and raisins. 
   b. grapes, blackberries, and blueberries. 
   c. raisins, 100% grape juice, and purple cabbage. 
   d. raisins, eggplant, and blueberries. 

14. A ____ glass of 100% grape juice made with Concord grapes counts as one serving of fruit. 
   a. 2-oz. 
   b. 4-oz. 
   c. 6-oz. 
   d. 8-oz.