



ELITE
Personal Training and Fitness Solutions

HEALTH TIP OF THE WEEK

2/21: Grapes

Grapes and Gut Biome



A team of researchers at the University of California's David Geffen School of Medicine has found evidence showing that eating grapes can increase gut biome diversity and also lower cholesterol levels in the blood. In their paper published in the journal *Nutrients*, the group describes experiments in which they fed volunteers grape powder for four weeks.

Prior research has shown that eating certain fruit, such as apples and grapes, can promote healthy blood vessels because they contain polyphenols, which are antioxidants. Eating such fruits also lowers blood sugar and blood pressure levels. And in some cases, polyphenol consumption has been shown to reduce inflammation, a contributing factor in heart disease. In this new effort, the researchers looked at other possible health benefits of eating grapes.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

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To learn more about possible positive health benefits, the group enlisted the assistance of 19 healthy adults. Each ate a special diet low in polyphenols and fiber for four weeks. Then, each subject ate the same diet but with the addition of grape powder. The volunteers ate 46 grams of the powder each day, which is equivalent to two servings of grapes. The researchers collected stool, blood, and urine samples from the volunteers during both stages of the experiment.

They found that after four weeks of eating the grape powder, all of the volunteers saw increases in gut biome diversity. Prior research has shown that increased gut biome diversity tends to be associated with a strong immune system. Notably, levels of Akkermansia bacteria, which is known to have a positive impact on glucose levels and lipid metabolism, increased. The researchers also found a decrease in overall cholesterol levels of 6.1 percent and a 5.9 percent drop in LDL.

Take-Home Message



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The takeaway from this research? Grapes increase gut biome diversity and lower cholesterol. So, in addition to all those healthy berries, you're encouraged to eat, make sure to include some cold, juicy grapes!

If you have questions about training time frames or anything else related to exercise nutrition, please reach out to us so we can partner with you and help you improve your health and wellness.