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Love at First Blush

The world's greatest grapes have traditionally been reserved exclusively for grown-up use: Wine is produced using some of the finest and most flavorful old varieties of dark grapes, and as numerous studies have found, those dark grapes are packed with antioxidants and other miracle-working nutrients. So if you want the antioxidants, but can't face another glass of wine for a few months after the holidays, try [First Blush grape juice](#), available at Whole Foods and specialty food stores. First Blush juices are made with traditional wine-making grapes like merlot and cabernet, and they're actually pretty delicious; the taste is tangy like red wine, and the [cooking possibilities](#) are enticing, too.

Know someone who could be talked into grape juice for grown-ups? Forward this.

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<http://pregnancywellness.blogspot.com/2007/12/love-at-first-blush.html>