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# **CNN.com - Wine or Welch's? Grape juice provides health benefits without alcohol - March 31, 2000**

Grape juice is one of my favorite juices. Grape juice is already sweet so most brands dont add any extra sugar. Grape juice contains resveratrol which is a compound found in red grape skins that may help fight cancer and reduce the signs of aging. Grape juice also contains vitamin C and potassium.

So which is better - red grape juice or white grape juice? They both contain vitamins and have the same amount of calories (about 150 calories for an eight ounce glass) but only the red contains resveratrol. So the red is a little healthier than the white.

Grape juice is frequently mixed with other juices. This juice blend may not contain 100% juice. If you're buying a juice blend make sure to check to label to see that it does contain 100% juice.

Check out the artile below from CNN which talks about the many health benefits of drinking grape juice and how it compares to the benefits found in wine.

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