

# Delicious and Nutritious

Drying is one of the oldest methods of preserving food known to humanity. Although grape drying is now a sophisticated science, Australian dried grapes, considered to be the finest in the world, are still dried under the bountiful Australian sun.

Dried grapes are full of natural goodness. They are low in fat (containing less than 1%), low in cholesterol, high in fibre and an excellent source of anti-oxidants and easy-to-digest natural sugars. They are also high in iron and thiamine.

Australian dried grapes are dried without the use of sulphur. As the sun slowly removes moisture from the grapes, there is no detrimental effect on their nutritional value, so the goodness of the fresh fruits is effectively "sealed in" by the drying process.

Australians love their dried grapes and they each eat an average of two kilos every year, making the national consumption second only to New Zealand.

Their premium quality makes Australian dried grapes the dried fruit of choice around the world and every year, large quantities are exported to Asia, Europe New Zealand, UK and Canada.

## Sultanas

Sultanas are not only delicious, but they also contain natural sugars for energy and higher concentrations of dietary fibre than are found in many other fruits and vegetables.

## Raisins

Seeded Raisins are a good source of dietary fibre and potassium and they also contain small quantities of iron, calcium, magnesium and various other minerals and vitamins.

## Currants

Although the grape variety is smaller, Currants are high in nutritional value. They are an excellent source of dietary fibre and natural sugars and they have three times the antioxidant levels of Sultanas.

## Sunmuscats

Sunmuscats are sweeter than Sultanas and have a distinct muscatel aftertaste.

Naturally seedless and smaller than the traditional raisin, Sunmuscats contain natural sugars and dietary fibre, as well as iron and potassium. They have twice the antioxidant levels of Sultanas.

NUTRITIONAL INFORMATION PER 100G *				
	Sultanas	Raisins	Currants	Sunmuscats
Energy	1337Kj	1279kj	1173 kj	1310kj
Protein	2.8g	2.3g	2.8g	2.5g
Fat				
- total	0.4g	< 1g	< 1g	< 1g
- sat. fatty acids	< 1g	< 1g	< 1g	< 1g
- trans fatty acids	Nil	< 1g	< 1g	< 1g
- mono. fatty acids	Nil	< 1g	< 1g	< 1g
- poly. fatty acids	Nil	< 1g	< 1g	< 1g
Carbohydrates				
- total	65.2g	71.1g	65.1g	70.8g
- sugars	63.5g	69g	63.2g	67.2g
Dietary Fibre	6g	4.9g	6g	4.4g
Cholesterol	Nil	Nil	Nil	Nil
Sodium	46mg	58mg	46mg	9mg
Iron		4.2mg	2.3mg	3mg
Potassium	810mg	1050mg	810mg	910mg
Calcium		41mg	87mg	

\* Source: Sunbeam Foods [www.sunbeamfoods.com.au](http://www.sunbeamfoods.com.au)

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Australian Dried Fruits Association

Enjoy the grape taste

Nutritious Dried Grapes