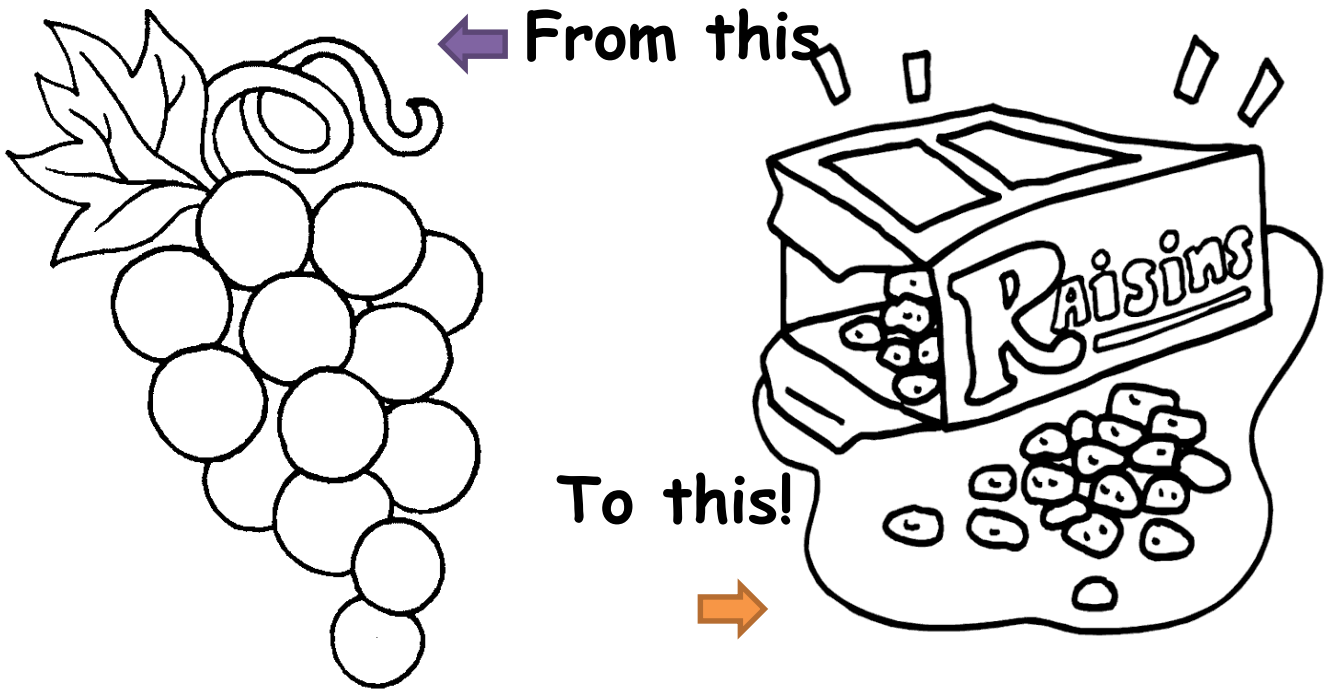


# Golden Raisins

People have been drying grapes into raisins since ancient times. Raisins were produced in Persia and Egypt and were even mentioned in the Old Testament. Ancient Romans also used raisins as money and prizes for winners of sporting events.

Today, most raisins come from California. In September, grapes are handpicked and placed on clean paper trays to dry in the sun. The grapes can also be oven dried. A grape becomes a raisin when its moisture content drops below 16%. They are then removed from the vine and are stored in wooden "sweat boxes". Raisins are kept in the sweat boxes until they're ready to be processed and shipped. Processed raisins are properly de-stemmed, cleaned and washed in water to assure a fresh product.



## Nutrition Information

Golden and regular raisins are nearly identical in terms of most nutrients and daily value. A 1.5-ounce, single-serving box of either provides about 130 calories, 1.7 grams of fiber, 1.5 grams of protein and 25.5 grams of natural sugar.

Each gives you less than 5 percent of your recommended daily intake for calcium, iron, magnesium and most B vitamins.

Each provides 5 to 10 percent of the potassium and phosphorus you need each day.