



Good Fruit & Vegetables
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Huegill dives in for table grapes

THE Australian Table Grape Association has a secret weapon in its peak season campaign. Australia's comeback king, 2010 Commonwealth Games gold medallist Geoff Huegill, has become the face of the Munch-A Bunch-A Grapes campaign, aimed at driving up sales in the summer months.

Geoff Huegill lost more than 45kg to emerge from retirement and snare double gold and silver at the 2010 Commonwealth Games in Delhi and says reaching for grapes instead of a sausage roll was a key component of his successful return to swimming. Huegill has become the new face of the campaign, now into its second year, and is keen to encourage people of all ages to think of table grapes as Australia's little super snack.

"Because we're all so busy it's easy to slip into the habit of grabbing something that's not good for us when we're peckish," Huegill said.

"That's where grapes have a bunch of benefits.

"They're low on the Glycemic Index but pack a real nutritional punch, they taste great and they're convenient.

"Because there's no peeling or cutting, you can take them anywhere and store them easily."

Huegill's support comes in the wake of a national online Newspoll survey of more than 1200 adults that revealed the good majority of Australians snack, but the actual food choices were not the healthiest.

Overall, 96% said they had snacked in the previous week, but 64% said they had snacked on chocolate or lollies, 59% had consumed sweet biscuits, 56% had chomped on cake or pastries and 54% had devoured potato chips.

A multiple Olympic, World, Pan Pacific and Commonwealth Games medallist and former world record holder in the 50m butterfly, Huegill knows the importance of food that is healthy, convenient and bursting with energy.

"I'm the poster child for the benefits of healthy eating given I packed on 45kg when I stopped competing for a few years," Huegill said.

"After 16 years of gruelling training I was happy to simply exist and eat whatever I wanted whenever I wanted it."

