

TRY ME!

Apples



"An apple a day keeps the doctor away." What is the truth behind the timeless saying?

There does appear to be some truth to the well known saying, "An apple a day keeps the doctor away." Studies suggest that apple consumption lowers the risk of cancer, cardiovascular disease, and diabetes. A study done at Cornell University shows there are nutrients in apples that slow the growth of colon and liver cancer cells.

Researchers in Finland studied more than 9,000 men for 28 years and found that those who ate lots of apples had a lower risk of stroke. At the University of California Davis, researchers found that eating apples kept "bad," or LDL, cholesterol from harming the body. Apples seem to reduce the buildup of plaque (PLAK) on the inside walls of the arteries. Plaque can lead to blood clots and heart attacks.



Other studies showed that people who ate apples regularly had better lung function. Their risk of dying from a heart attack was lower too.

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Nutrition Facts	
Serving Size	1 medium apple (154g / 5.5 oz.)
Amount per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 170mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 16g	
Protein 0g	
Vitamin A 2%	Vitamin C 8%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

The fiber found in apples is a combination of both soluble and insoluble fiber, providing heart health as well as colon cancer prevention. eatright.org

Apple Picking Tips

Checking to see if the bud has opened at the bottom of an apple is the easiest way to test its freshness. If the bud has already opened the apple is not as fresh and may be old. Buds that have not yet opened are usually the safest bet as they will last longer.

Don't wash apples until it is time to use them. This will prevent spoilage.

