AN APPLE A DAY...
FOR GREAT NUTRITION AND HEALTH!

Chelan Fresh apples are not only crisp and delicious, they can fuel wellness in a number of ways—from a healthy weight to a healthy heart.

Powerful Nutrients in Every Bite.
Every time you bite into an apple, you’re biting into a dose of powerful nutrition. A medium apple packs in 17% DV (Daily Value) of fiber, 14% DV of vitamin C, and 6% DV of potassium—all for only 95 calories. And that’s not all—apples are chock full of health-protective phytochemicals, such as procyanidins, chlorogenic acid, caffeic acid, syringin, cinnamic acid, coumaric acid, epicatechin and catechin. These compounds have been shown to possess anti-inflammatory and antioxidant activities, which may help slow down the diseases of aging. In fact, scientists have found that 100 grams (1 very small apple) can provide you with a significant source of antioxidants for the day. In addition, apples are rich in pectin, a type of viscous fiber that has been found to lower LDL (“bad”) cholesterol by up to 10%. (EJCN, 2011)

Eat More Fruit with Apples.
That’s why eating apples has been linked with fighting disease. In fact, eating more fruit is a healthy habit; people who eat fruit regularly have lower risks of developing high blood pressure, heart disease, stroke, certain cancers, degenerative eye disease, type 2 diabetes, neurodegenerative diseases like Alzheimer’s, diverticulitis, and obesity. Unfortunately, most Americans fall short of eating enough fruit (the recommendation is 2 cups a day for most adults). But since apples are the second most popular fruit in the US, it’s an easy way to get families—from children to older adults—to power up their fruit intake for optimal wellness.
Apple Science on Health.

Apples are special within the fruit world, providing unique advantages. Over 50 studies have been published examining the health outcomes of including apples in the diet. Scientists are delving into the biochemical properties of apples, trying to understand how their bioactive compounds offer benefits. They have applied these findings to animal studies and in laboratory studies as well. And now they are beginning to explore the benefits of eating more apples in humans. Apples’ anti-inflammatory and antioxidant properties have been linked to protecting the heart, brain, lungs, liver, muscles, and gut. While more research needs to occur in the field of apple science, here are some of the most promising findings on potential health benefits:

Healthy weight. Apples have the perfect profile to offer weight benefits—their crunchy texture and high fiber content promotes satiety. And studies have also pointed to weight benefits. Rat studies have shown promising effects on decreased body fat and insulin resistance. (J Sci Food Agric, 2013) And a small human study found benefits on body fat, as well. (Eur J Nutr, 2012)

Heart health. Apples’ heart-loving nutrients—vitamin C, fiber, and phytochemicals—are on track to promote heart health. Both animal and human studies have found that blood lipids and oxidation were improved when diets were supplemented with apples. For example, a study of postmenopausal women found significant improvements in cholesterol with 2 medium apples consumed daily after 3 months. (J Acad Nutr Diet, 2012)

Blood pressure. Apples may be good for helping to keep your blood pressure in check, too. Apple extracts appear to inhibit angiotensin converting enzyme (ACE), a main target in controlling high blood pressure, according to laboratory research. (Food Chem, 2012)

are showing potential cancer protection. In a hospital-based study of more than 700 adults, researchers observed a 35% reduced risk of colorectal cancer with consumption of at least one apple a day, and a 50% reduced risk with more than one apple a day. (Eur J Cancer Prev, 2010)

- **Neurodegenerative Disease.** Lab studies have found that the apple phytochemical procyanidin suppresses some of the hallmark pathological markers of Alzheimer’s disease. (Biochem Res Int, 2011)

- **Gut Health.** A number of animal studies have suggested that apples can help keep the gut healthy. For example, certain apple varieties reduced inflammation in the colons of rats. (Br J Nutr, 2009)

- **Lung benefits.** The compounds in apples may reduce the oxidative stress and inflammation commonly seen in the lungs during chronic obstructive pulmonary disease, according to a study of rats. (Nutrition, 2013)

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**Go Ahead, Crunch!**

With so many reasons to include more apples in your diet, what are you waiting for? Gain inspiration from these top tips for boosting the health potential of apples.

- Slice apples into your morning hot cereal; add a touch of cinnamon for extra pizzazz.
- Pack apples as the perfect between meal snack for work, school, or activities—no packaging or refrigeration required!
- Slice apples for an appetizer course to serve with dip, such as nut or seed butters, fruit spread, or cream cheese.
- Don’t forget to include apple slices—one of kids’ top-rated fruit snacks—in children’s lunch boxes or snack bags.
- Dice apples into salads, such as green salads, waldorf salads, and slaws.
- Grate apples into breads, such as pancakes, muffins, or quick breads.
- Throw a fresh apple into your juicer to offer a naturally sweet flavor to your fruit and vegetable juice blends.