

HEALTH BENEFITS OF APPLES



HIGH IN FIBER

- Help us stay full for longer period of time
Apples are a great snack to eat in between meals!
- Help us maintain our heart function
- Help us maintain our blood pressure
- Help feed our “good bacteria” in our stomachs to help prevent getting sick with chronic illnesses, specifically heart disease, cancer and obesity

HOW ARE APPLES GROWN?

You will find apples growing on trees.
They ripen the fastest during the Fall.

DIFFERENT COLORS OF APPLES

- Range from red to green and can also be yellow
- **RED** apples (like a Fuji apple) are the sweetest
 - Best for snacking
- **GREEN** apples (like a granny smith apple) are the tartest
 - Best for baking



FUN FACTS

- Red Delicious variety was the most popular apple for more than 50 years. In 2018, Gala became America’s top selling apple.
- Apples are 25% air which is why they float in water.

HOW TO ADD APPLES INTO MEALS

- Apple doughnuts
- Apple chips
- Baked apples with cinnamon
- Sweet potato hash with apples and chicken
- Apple cinnamon muffins
- Apple salsa



DID YOU KNOW?

Enjoy your apples and apple recipes with the skin because the skin is unusually rich in nutrients.

Sources: US Apple Association via FarmFlavor.com, WHFoods.com, producepedia.com