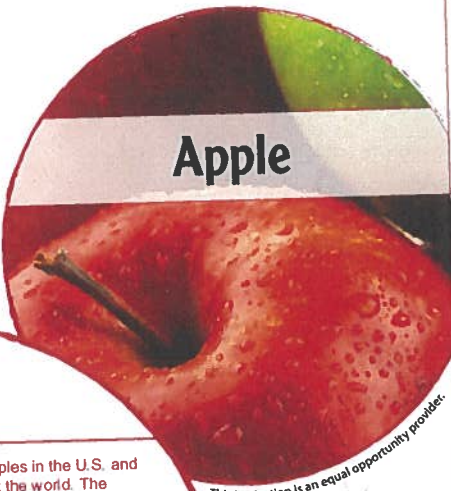


HEALTHY to a "T"

October 2024

Harvest of the Month



Calories	95
Total Fat	0g
Sodium	2mg
Sugars	19g

1 fruit

FUN FACTS:

There are 2,500 varieties of apples in the U.S. and over 7,500 varieties throughout the world. The crabapple is native to North America.

Apples can be as small as a cherry and as big as a grapefruit. The largest apple ever picked weighed in at 3 pounds!

Many of the valuable nutrients in an apple are in the peel or just under the peel.

It takes 36 apples to make a gallon of apple cider.



This institution is an equal opportunity provider.

Can an Apple a Day Really Keep the Doctor Away?

It sure can help. Every time you bite into an apple you get a dose of powerful nutrition. One medium apple provides 17% DV (daily value) of fiber, 14% DV of vitamin C, 6% DV of potassium and only 96 calories. That's not all - scientific studies have found that people who eat fruit regularly have lower risks of developing high blood pressure, heart disease, stroke, certain cancers, degenerative eye disease, type 2 diabetes, Alzheimer's, diverticulitis and obesity. Unfortunately, most Americans fall short of eating enough fruit (two cups per day is recommended for most adults). But since apples are the second most popular fruit in the US, it is an easy way to get families to power up their fruit intake for optimal wellness!

Inspiring tips from health professionals:

- Slice apples into your morning hot cereal
- Pack apples for that perfect snack at work, school or activity
- Slice apples for an appetizer and serve with dip like nut butters, fruit spread or cream cheese
- Put apple slices in lunch boxes or snack bags
- Dice apples into salads and slaws
- Grate apple into quick breads, pancakes or muffins
- Throw a fresh apple into your juicer

Go Ahead, Crunch!

*Melanie Wirth, RDN, LD, MBA,
Corporate Dietitian, Taher, Inc.*

This institution is an equal opportunity provider.

Cheddar, Apple and Ham Sandwich

4 Servings

- 4 Tbs mayonnaise
- 2 Tbs Dijon Mustard
- 2 Tbs liquid honey
- 8 slices of multigrain bread
- 4 ounces of sliced cheddar cheese
- 8 -1-ounce slices of ham
- 1 large apple cored and sliced thinly

HARVEST OF THE MONTH RECIPE - October - Featuring Apple -

1. In a small bowl combine the mayonnaise, mustard and honey; spread on one side of each slice of bread. Layer cheese on 4 slices of bread; top each with two slices of ham, apple slices and remaining bread.
2. Cut sandwiches in half. Use any remaining apple slices for garnish.



NUTRITION SNAPSHOT: 1 sandwich serving size, 445 calories, 22 g total fat, 7 g saturated fat, 0 g trans fat, 55 mg cholesterol, 945 mg sodium, 44 g carbohydrate, 3 g fiber, 5 g sugar, 18 g protein

