



An Apple a Day ...

With October being National Apple Month, it's a great time to spotlight this simple yet powerful fruit that many of us enjoy every day! Whether you prefer crisp, tart Granny Smiths or sweet, juicy Honeycrisps, apples have long been celebrated for their numerous health benefits. Let's explore why this superfood deserves a regular spot in your daily diet.

The Nutritional Power of Apples

Apples are not only delicious but also packed with essential nutrients that support overall well-being. Here's a breakdown of what makes apples such a nutritional powerhouse:

Rich in Fiber: Apples contain both soluble and insoluble fiber. Soluble fiber, such as pectin, helps lower cholesterol levels, while insoluble fiber supports digestive health by promoting regular bowel movements. One medium-sized apple provides about 4 grams of fiber—around 17% of the recommended daily intake!

Vitamins and Minerals: Apples are a good source of vitamin C, an antioxidant that boosts the immune system, supports skin health, and aids in wound healing. Additionally, apples contain potassium, which helps maintain healthy blood pressure levels.

Low in Calories: With only about 95 calories

in a medium-sized apple, they're a great snack for those watching their calorie intake. Plus, they provide natural sugars, offering a sweet energy boost without the crash associated with processed snacks.

Incorporate Apples into Your Diet

Snack Smart: Keep apples on hand for a convenient and nutritious snack. Pair them with peanut butter or a handful of nuts for added protein and healthy fats.

Add to Salads: Diced apples can add a sweet and crunchy element to salads. Try adding them to a spinach salad with walnuts and goat cheese.

Baking Delight: Apples can be the star of healthy desserts. Try baking apples with a sprinkle of cinnamon for a naturally sweet treat that satisfies your cravings without refined sugars.

Smoothies: Blend apples into your morning smoothie for extra fiber and flavor. They pair well with greens like spinach or kale and complement the sweetness of bananas.

Next time you're reaching for a snack, consider grabbing an apple. It's not only a delicious and versatile fruit but also a daily dose of wellness that supports heart, gut, brain, and immune health. Remember, an apple a day really can help keep the doctor away!



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