

APPLES COME IN VARIOUS SHADES OF GREEN, YELLOW AND RED.

Most pears are still picked by hand.

MORE THAN

**7,500**

varieties of apples have been identified worldwide and

**2,500**

varieties are grown in the United States.



**Most apples are still picked by hand.**

**THERE ARE OVER 3000 VARIETIES OF PEARS WORLDWIDE**

**APPLES ARE A VERY GOOD SOURCE OF FIBER IF EATEN WITH THE PEEL.**

apples are a good source of vitamin

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**APPLES ARE LOW IN CALORIES AT ABOUT 80 CALORIES FOR A MEDIUM APPLE.**

**APPLES ARE FAT, SODIUM, AND CHOLESTEROL FREE.**