



Taken from: www.nutrition-and-you.com/apple-fruit.html

Delicious and crunchy, apple fruit is one of the most popular and favorite fruits among the health conscious, fitness lovers who firmly believe in the concept of "health is wealth." This wonderful fruit is packed with rich phyto-nutrients that, in the true sense, indispensable for optimal health. Certain antioxidants in apple have several health promoting and disease prevention properties, and thereby, truly justifying the adage, "*an apple a day keeps the doctor away.*"

Health Benefits

- Delicious and crunchy apple fruit is notable for its impressive list of phyto-nutrients, and anti-oxidants. Studies suggest that its components are essential for optimal growth, development, and overall wellness.
- Apples are low in calories; 100 g of fresh fruit slices provide just 50 calories. They, however, contain no saturated fats or cholesterol. Nonetheless, the fruit is rich in dietary fiber, which helps prevent absorption of dietary-LDL or bad cholesterol in the gut. The fiber also saves the colon mucous membrane from exposure to toxic substances by binding to cancer-causing chemicals inside the colon.
- Apples are rich in antioxidant phyto-nutrients *flavonoids* and *polyphenolics*. The total measured anti-oxidant strength (ORAC value) of 100 g apple fruit is 5900 TE. Some of the important flavonoids in apples are quercetin, epicatechin, and procyanidin B2. Additionally, they are also good in **tartaric acid** that gives tart flavor to them. Altogether, these compounds help the body protect from deleterious effects of free radicals.

Healthy Foods

Health Benefits: Apples

- Apple fruit contains good quantities of *vitamin-C* and *beta-carotene*. Vitamin C is a powerful natural antioxidant. Consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the body.
- Further, apple fruit is a good source of B-complex vitamins such as riboflavin, thiamin, and pyridoxine (vitamin B-6). Together, these vitamins help as co-factors for enzymes in metabolism as well as in various synthetic functions inside the human body.
- Apples also carry a small amount of minerals like potassium, phosphorus, and calcium. Potassium is an important component of cell and body fluids helps controlling heart rate and blood pressure; thus, counters the bad influences of sodium.

Healthy Foods

Health Benefits: Apples

Taken from: www.care2.com/greenliving/10-reasons-to-eat-an-apple-a-day.html

Your mom didn't use the term powerfood but she knew about apples. "An apple a day keeps the doctor away" was the first nutritional advice myself and many children heard from their moms. For this reason we call them "the first powerfood."

10 Reasons to Eat an Apple a Day

1. Apples are filled with soluble fiber (5 grams). This fiber has been shown to reduce intestinal disorders, including diverticulitis, hemorrhoids and possibly some types of cancer. It also helps control insulin levels by releasing sugar slowly into the bloodstream. Fiber also has a cleansing and detoxifying affect, which helps eliminate heavy metals, such as lead and mercury.
2. Apple pectin helps reduce cholesterol levels by lowering insulin secretion.
3. In two studies researchers found that eating five apples a week lowered the risk for respiratory diseases like asthma.
4. According to Chinese Medicine: Apples strengthen the heart, quench thirst, lubricate the lungs, decrease mucous and increase body fluids.
5. Apple cider vinegar can help prevent the formation of kidney stones.
6. Studies indicate that eating apples daily can reduce skin diseases.
7. According to a Brazilian study, eating an apple before a meal helped women lose 33 percent more weight than those who didn't.
8. An apple has only 50-80 calories and has no fat or sodium.
9. Apples are packed with vitamins C, A, and flavonoids and with smaller amounts of phosphorus, iron, and calcium.
10. Apples provide a source of potassium which may promote heart health.