



# Apples

Nutrition Facts		
Serving Size 1 cup, quartered or chopped 125g (125 g)		
Amount Per Serving		
Calories 65	Calories from Fat 2	
% Daily Value*		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 1mg		0%
Total Carbohydrate 17g		6%
Dietary Fiber 3g		12%
Sugars 13g		
Protein 0g		
Vitamin A	1% • Vitamin C	10%
Calcium	1% • Iron	1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
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An apple a day keeps the doctor away.

## Six reasons for eating apples

### 1. Maintains your smile.

Biting and chewing help increase saliva production that reduces tooth decay by lowering bacteria.

### 2. Boosts your brain.

An antioxidant found in apple skin has proven effective at protecting brain cells.

### 3. Helps protect against cancer.

Compounds found in the peel have potent anti-growth activities against cancer cells.

### 4. Clears your arteries.

Antioxidants in apples decrease the buildup of fats on artery walls.

### 5. Keeps the doctor away.

Adults who eat “an apple a day” are 27% less likely to be diagnosed with metabolic syndrome—cluster of health problems linked to chronic diseases—plus they have smaller waistlines and lower blood pressure.

### 6. Decreases risk of diabetes.

Women who eat at least an apple a day are 28% less likely to develop type 2 diabetes.

## Produce Tips

- Look for apples that are firm and don't have bruises or soft spots.
- Store apples at room temperature for up to one week or refrigerate apples for up to three months. Do not refrigerate apples in closed bags.
- To keep apples from browning, prepare fresh apple dishes just before serving. Or pour 100% apples juice over fresh apple slices.
- Applesauce can be used to replace fat and butter in baked goods.

You need 5 to 9 servings of fruits and veggies daily.

Tidbit Trivia: About 2,500 known varieties of apples are grown in the United States and more than 7,000 are grown worldwide. Average American consumption is 19.6 pounds per year!



## Apple Recipes



### **Crunchy Apple Bread**

2/3 C. shortening  
1/2 C. brown sugar  
1/4 C. orange juice  
1/2 tsp. baking soda  
1 C. diced peeled apples  
3/4 C. chopped pecans, optional

1/2 cup sugar  
2 eggs  
2 C. all-purpose flour  
1/4 tsp. salt  
3/4 C. raisins

**Directions:** In a mixing bowl cream shortening and sugars. Add eggs and orange juice; beat well. Combine flour, baking soda and salt, stir into creamed mixture. Stir in apples, raisins, and pecans. Pour into a greased 9 x 5 loaf pan. Bake at 350 degrees for 55-60 minutes or until bread tests done. Cool in pan before removing to a wire rack.

### **Spicy Apple-Filled Squash**

1 large acorn squash  
1 C. water  
2 tsp. butter  
1 large apple, cored, peeled and chopped

1 T brown sugar  
1/4 tsp. ground cinnamon  
1/8 tsp. ground cloves  
1/8 tsp. nutmeg

**Directions:** Preheat oven to 400 degrees. Cut squash into halves and scoop out the seeds. Place squash, cut side down, in a 13 x 9 inch baking dish. Add water and bake 35-40 minutes until fork-tender. While the squash is baking, cook the rest of the ingredients in a medium saucepan over medium heat for about 8 minutes until apples are crisp-tender. Cut each piece of squash in half and divide the apple mixture equally among the squash wedges. Return squash to oven and bake 10 minutes more. Serve hot.

### **Healthy Serving Ideas**

- ✓ Mix apple chunks in your morning oatmeal for a hearty start to your day.
- ✓ Add chopped apples and golden raisins to your chicken salad.
- ✓ Place 4 cored apples in a microwave safe dish and fill with raisins. Pour 1/2 cup of apple juice over the apples with a sprinkling of nutmeg and cinnamon. Cover with plastic wrap and microwave on high for 4 minutes for a hot dessert.
- ✓ Mix 8 oz. cream cheese, jar of marshmallow cream and caramel topping. Dip apples and Enjoy!
- ✓ Use applesauce to make reduced-fat baked goods. Replace oils in baking with an equal amount of applesauce plus 1/3 of the oil called for in the recipe.