



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 cup sugar
1/2 C. brown sugar	2 eggs
1/4 C. orange juice	2 C. all-purpose flour
1/2 tsp. baking soda	1/4 tsp. salt
1 C. diced peeled apples	3/4 C. raisins
3/4 C. chopped pecans, optional	

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 T brown sugar
1 C. water	1/4 tsp. ground cinnamon
2 tsp. butter	1/8 tsp. ground cloves
1 large apple, cored, peeled and chopped	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.