

Eat 5 A Day for Better Health

You work hard, and you play hard. Lots of people count on you. To help stay healthy and happy, you try to provide wholesome meals that you and your family can enjoy. But sometimes eating *healthy* doesn't seem so *easy*. Where can you turn for guidance?

The Food Guide Pyramid

Your best place to start is with the Food Guide Pyramid. The Pyramid can help you choose what to eat, and how much to eat, from each food group. Follow it to get all the nutrients you need for optimum health and, at the same time, the right amount of calories to maintain a healthy weight.

According to the Food Guide Pyramid, we should eat a *minimum* of five servings of fruits and vegetables per day, including at least two servings of fruit, for better health. There is diverse and convincing research evidence that eating a diet rich in fruits and vegetables reduces the risk of cancer, cardiovascular disease, obesity and diabetes.

Want to tune up your diet, for better health and quality of life? Get on your way to "5 A Day."



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

Apples – On Your Way to 5 A Day

The proverbial "apple a day" has long been described as a food that helps "keep the doctor away." Apples and apple products contain a variety of phytonutrients, compounds found naturally in plants, fruits and vegetables, some of which may have nutrient properties. As the link between diet and health becomes stronger and more clearly defined, researchers and consumers are taking new looks at the potential health benefits of old favorites, such as apples.

In studying the various components of apples, researchers discovered that apples and apple juice contain a particularly important class of phytonutrients called flavonoids. These nutrients appear to promote health in many ways – the more you eat, the better!

Preliminary studies have shown that eating apples and apple products may provide a range of potential benefits, including promotion of heart, lung, colon, liver and prostate health. While researchers caution against drawing conclusions based on results of any single clinical study, the growing body of nutrition studies reporting apple health benefits is encouraging.

So enjoy your health food — get on your way to 5 A Day with apples!

For more specific information on these and other apple research projects visit our apple web site at www.usapple.org. Please consult your physician or a dietetics professional for health and nutrition advice.



Handling and Storage Tips

To maximize your apple-eating experience, follow these easy tips for selecting, storing and preparing apples.

- Select apples that are bruise-free and handle apples gently to prevent bruising.
- Select apples that are firm to the touch for the best flavor and crunchiness.
- Store apples in the refrigerator to slow ripening and maintain flavor.
- Wash individually sold apples in cool water before serving.
- Store apples away from strong-smelling foods to prevent them from absorbing unpleasant odors.
- Coat apple slices and dices in a mixture of one part lemon juice to three parts water – or Vitamin C-fortified 100% apple juice – to retard browning.

Favorably Reviewed By



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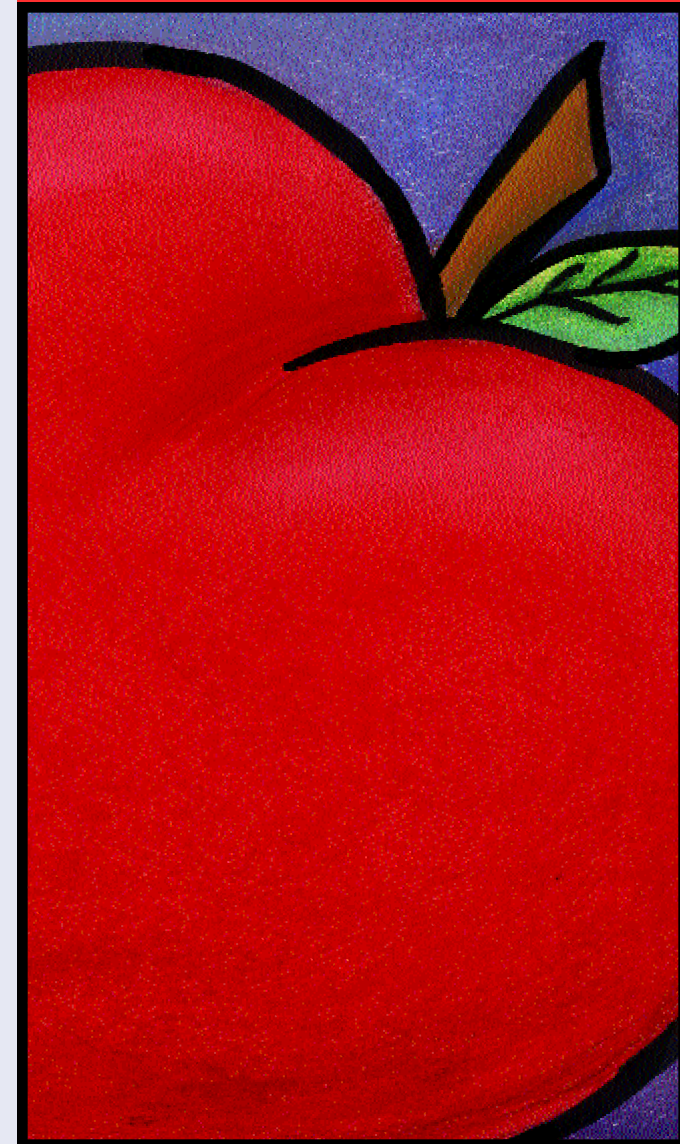
A DIETETIC PRACTICE GROUP OF
THE AMERICAN DIETETIC ASSOCIATION
Your link to nutrition and health.



For more information about apples and their health benefits, visit the U.S. Apple Association Web site at www.usapple.org.

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USApple Healthy Bite 8/01



Apples

Take a Healthy Bite!

Apples – Take a Healthy Bite!

Eating a balanced diet and exercising regularly are the keys to good health. Eating at least two servings of fruit each day will help get you and your family on the path to a healthier lifestyle. And apples, in all their flavorful varieties and many processed foods, prove that good-for-you food can taste good, too.

Core Apple Nutrition Facts:

Nutrition Facts	
Serving Size	1 medium apple (154g/5.5 oz.)
Amount per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g 0%	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 170mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 5g 20%	
Sugars 15g	
Protein 0g	
Vitamin A 2%	Vitamin C 8%
Calcium 0%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

- Apples *don't* have fat, cholesterol or sodium, which may help you maintain heart health and a healthy weight.
- Apples *do* have lots of fiber — both soluble and insoluble kinds. Fiber may help promote heart health and maintain regularity.
- Apples contain small amounts of potassium, which may promote heart health and help maintain healthy blood pressure.

Easy ways to add apples to your day:

- Stir some apple slices in your hot or cold breakfast cereal.
- Garnish a green salad with diced apple cubes for color and flavor — not to mention great nutrition.
- Snack on an apple for an afternoon energy boost — try a different variety every day of the week.
- Serve a side dish of applesauce with lunch or dinner.
- Quench your thirst with an apple juice spritzer — mix 100% apple juice with equal parts of seltzer water, and serve over ice.
- Substitute applesauce for oil in some baked goods, to cut fat and calories. This works especially well with cakes, muffins and brownies.

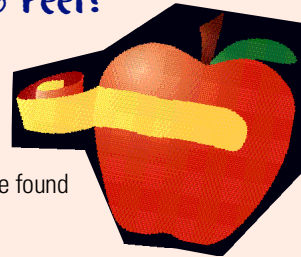
What counts as a serving?

- 1 medium apple (about the size of a tennis ball)
- 1/2 cup chopped, cooked or canned apple
- 6 ounces of 100% apple juice
- 1/2 cup applesauce

To Peel or not to Peel?

Actually, there's no question here — whenever possible, don't peel that apple.

Two-thirds of the fiber, and many of the antioxidants, are found in an apple's peel.



All Juice and Nothing but the Juice



Be sure to select 100% apple juice, for your better health — anything less just doesn't measure up. Juices that contain less than 100% apple juice will be called "juice beverages," "juice cocktails" or "juice drinks." A serving of 100% apple juice counts as one of your fruit servings, getting you on your way to "5 A Day."

What "Nutrition Facts" doesn't tell you:

- Apples are a rich source of health-promoting antioxidant phytonutrients. Oxidative damage to cells may trigger some diseases, including cancer and heart disease. You can minimize oxidative damage by eating with lots of antioxidant-rich foods, including apples.
- Apples and apple juice are two of the best sources of the mineral boron, which may promote bone health.

Apple Variety Guide

More than 100 apple varieties are grown commercially in the United States. This guide introduces you to the top U.S. varieties. Check local farm markets for apple varieties unique to your area.

Many apple varieties now on the market are striped or speckled, bi-colored, or have a blush. Don't worry, they're supposed to look that way — so go ahead, take a healthy bite!

Variety	Flavor	Color	Texture	Best Uses	Season
Red Delicious	Sweet	Striped to solid red	Crisp	Snacking, salads	Year-round
Golden Delicious	Sweet	Yellow-green	Crisp	Snacking, salads, sauce	Year-round
Fuji	Sweet/spicy	Red blush, green/yellow stripes	Crisp	Snacking, salads	Year-round
Grenny Smith	Tart	Green, occasional pink blush	Crisp	Salads, pies, sauce, baking	Year-round
Gala	Sweet	Red-orange, yellow stripes	Crisp	Snacking, salads	Aug-Mar
Rome	Sweet	Deep solid red	Firm	Sauce, baking, pies	Oct-Sep
McIntosh	Tangy	Red and green	Tender	Snacking, sauce	Sep-July
Jonathan	Spicy/Tangy	Light red stripes over yellow or deep red	Less firm	Snacking, salads, sauce, pies	Sep-Apr
Braeburn	Sweet/tart	Yellow with red stripes or blush	Firm	Snacking, salads	Oct-July
Cameo	Sweet/tart	Red stripe over cream skin	Firm	Snacking, salads, pies, sauce, baking	Oct-Aug
Ginger Gold	Sweet/tart	Green-yellow, sometimes with blush	Crisp	Snacking, salads	Aug-Nov
HoneyCrisp	Sweet/tart	Mottled red over a yellow background	Crisp	Snacking, salads	Sep-Feb
Pink Lady	Sweet/tart	Red with green blush	Hard/Crisp	Snacking, salads, pies	Oct-June
Empire	Sweet/tart	Solid red	Crisp	Snacking, salads	Sep-July

Apple Chops

- 4 apples, small
- 4 pork chops, 1/2 inch thick, trimmed of all fat, (approx 4-6 oz.)
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1 Tbsp. vegetable spray



Preheat oven to 350°. Core apples and cut into quarters; cut each quarter into 3 or 4 slices. Coat baking pan with vegetable spray; place chops in the pan; salt and pepper chops.

Place apples around chops; bake 25 minutes. Remove chops from pan to serving plate; surround with the apples. Makes 4 servings.

Nutritional Analysis Per Serving: calories, 270; fat, 7 g; cholesterol, 90 mg; fiber, 3 g; sodium, 241 mg; percent calories from fat, 23%.

Apple-Spiced Sweet Potatoes

- 1/2 cup 100% apple juice
- 1/4 tsp. cinnamon
- 1/8 tsp. salt
- 6 small sweet potatoes, baked in skin



Bake sweet potatoes at 350° until tender. Pour apple juice in a frying pan over low heat, and stir in cinnamon and salt. Add baked sweet potatoes. Cook over low heat, turning sweet potatoes several times until they are well coated and most of the juice is absorbed, about 6 minutes. Makes 6 servings.

Nutritional Analysis Per Serving: calories, 115; fat, 0 g; cholesterol, 0 mg; fiber, 3 g; sodium, 60 mg; percent calories from fat, 0%.

For more apple recipes, visit www.usapple.org.