



# News Release

## **Raising Alzheimer's Disease Awareness with an Apple a Day**

Apples and apple products research suggests role for America's favorite fruit in brain health.

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Vienna, VA - Did you know that apples and apple products may help prevent or delay the onset of Alzheimer's disease? Research from the University of Massachusetts at Lowell as well as Cornell suggests that eating and drinking apples and apple juice, in conjunction with a balanced diet, can help protect the brain from the effects of oxidative stress that may play a role in the development of Alzheimer's disease.

### **Alzheimer's Disease Awareness Month**

November is Alzheimer's awareness month, and there are more than 5 million Americans living with it according to the *Alzheimer's Association*. Worldwide, it is estimated that about 16 million people have Alzheimer's disease. In addition to each person with the disease, there is often at least one other person who directly cares for him or her and a host of healthcare and support workers in the background.

It is not known what exactly causes Alzheimer's disease and at present there is no known cure. But there is hope and help for those people with Alzheimer's. Research into the disease is offering answers to many questions from how to prevent it, to how to delay the disease's onset. To learn more about Alzheimer's disease and how you can help, visit the Alzheimer's Association at [www.alz.org](http://www.alz.org).

### **Apple and Apple Products Research**

Apples and apple products may play a role in the prevention and delaying the onset of Alzheimer's disease. Researchers have discovered that regular consumption of apple juice can not only help keep your mind functioning at its best, but may also be able to delay the key aspects of Alzheimer's disease from developing, playing an important role in therapy and treatment of the disease.

To date, much of the research has been done with animals but human studies are on the horizon. One of the most recent studies published demonstrated that mice receiving the equivalent of two glasses of apple juice per day for one month produced less of a protein that is commonly found in the brains of individuals suffering from Alzheimer's disease.<sup>1</sup>

In addition, research from the University of Massachusetts at Lowell suggests that consuming apple juice may protect against cell damage that contributes to age-related memory loss, even in test animals that were not prone to developing Alzheimer's disease and other dementias. The study, published in the *Journal of Alzheimer's Disease*, indicated that these brain health findings are encouraging for all individuals who are interested in staying mentally sharp as they age<sup>2</sup>.

### **Other Reasons to have an “Apple a Day”**

Apples and apple products are delicious, nutritious and easy to include in your daily routine. They provide essential vitamins, minerals and fiber that may help to protect you from developing other chronic diseases. *The 2005 Dietary Guidelines for Americans* recommends that we eat more fruits and veggies than any other food group — for adults, that's 3½ to 6½ cups (7 to 13 servings) daily for better health. One small apple, 1-cup of 100% apple juice or cider, or 1-cup of applesauce all count as 1 cup of fruit towards your goal for the day. Looking for new ways to incorporate America’s favorite fruit into your diet? Visit the U.S. Apple Association website to find [recipes](#) and more [ideas](#).

<sup>1</sup>Chan, A and Shea, T. Dietary Supplementation with Apple Juice Decreases Endogenous Amyloid-B2 Levels in Murine Brain. *Journal of Alzheimer's Disease*, 2009; .16 :( 1).

<sup>2</sup>Tchantchou F, Chan A, Kifle L, Ortiz D, Shea TB. Apple juice concentrate prevents oxidative damage and impaired maze performance in aged mice. *Journal of Alzheimer's Disease*. 2005; 8 (3): 283-287.

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The U.S. Apple Association (USApple) is the national trade association representing all segments of the apple industry. Members include 40 state and regional apple associations representing the 7,500 apple growers throughout the country, as well as more than 400 individual firms involved in the apple business. USApple's mission is to provide the means for all segments of the U.S. apple industry to join in appropriate collective efforts to profitably produce and market apples and apple products.

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