

10 Reasons to Adore Apples!

1 They have stood the test of time. The many advantages of apples date back thousands of years, as far back as Greek mythology. Hercules achieved immortality after eating an apple. Apples were reportedly prescribed for many ailments, and in the 19th century, the famous phrase, "An apple a day keeps the doctor away," was coined for obvious reasons.

2 They cut your cancer risk. Laboratory, animal and human population-based studies have indicated that apples may provide protection against certain types of cancer. Published studies show that apples may reduce the risk for oral, esophageal, larynx, lung, colon, breast, ovary and prostate cancers.

3 They protect your pumper. In one study, apple consumption reduced the risk of dying from heart disease by 19 among men and 43 percent among women. In a human clinical trial, eating just one apple per day for four weeks reduced harmful LDL-oxidation by an average of 40 percent. And another recent study revealed that adults who ate the most apples reduced their risk for stroke by 11 percent.

4 They help peel away pounds. Mounting research shows that eating apples can help manage weight, thanks to their filling soluble fiber and ursolic acid, a natural compound that boosts fat-burning. When women added three apples to their diet (without making any other dietary changes), they lost more than two pounds in 10 weeks.

5 They boost brain power. A study of people with moderate-to-severe Alzheimer's disease found that enjoying 8 ounces of apple juice daily resulted in a 27 percent improvement in behavioral and mood-related symptoms. Other studies suggest that apples and apple juice provide compounds that offer neuroprotection against known risk factors associated with Alzheimer's disease.

Apples are the "icon" of health—and for good reason. As the most popular fruit grown in the United States, apples are nutrition all-stars. Here are 10 reasons to enjoy an apple—or two—every day!

6 They improve blood sugar control. Studies show that apples may help reduce the risk for type 2 diabetes and metabolic syndrome. One study from Harvard School of Public Health reported a 27 and 28 percent reduced risk of type 2 diabetes with the consumption of two to six apples per week or one apple per day, respectively, compared to no apple consumption.

7 They help you breathe easier. The antioxidants in apples help protect the lungs against the oxidative damage that's associated with asthma, bronchitis and emphysema. In one study, women who reported eating apples during pregnancy reduced the risk of asthma and wheezing in their child at age five.

8 They give you an antioxidant advantage. USDA research shows that apples are an antioxidant-rich fruit. Apples are rich in flavonoids, which have antioxidant and other health properties. Be sure to eat the peel because some two-thirds of the antioxidants are in or just underneath the skin.

9 They help you hit your produce goal. The Dietary Guidelines recommend filling half of your plate with nutritious fruits and veggies at every meal. Children and adults should strive for at least 1 to 2 cups of fruit per day. Here's what counts as an apple serving (1 cup equivalent) according to USDA: 1 small apple; ½ large apple; 1 cup sliced, raw or cooked apples; ½ cup dried apples; 1 cup of 100 percent apple juice, cider or applesauce.



10 They are sure to satisfy. Do you want your apple to be tart and crunchy, sweet and juicy or something in between? No matter. With more than 100 commercial varieties of apples and at least that many heirlooms available, you'll be sure to find several to satisfy your needs.