

[BLOG POST]

3 REASONS TO ADD APPLES TO YOUR DISEASE-FIGHTING ARSENAL

The expression “an apple a day keeps the doctor away” can be traced back to medieval times, and even thousands of years before that, many cultures valued apples for their medicinal properties. Now, modern-day research has confirmed many health benefits associated with apples. In fact, there are hundreds of published papers showing why apples are a true superfruit.

A large apple is the perfect portion-controlled portable pick with 130 calories and 5 grams of filling fiber. It's a good source of vitamin C and contains no fat, sodium or cholesterol. Apples are also a natural source of health-promoting phytonutrients, including plant-based antioxidants. Leave the skin on and you'll score even more nutrition perks; the skin is where two-thirds of the fiber and beneficial antioxidants are found.

An apple (or two) a day can help keep the doctor away because it:

Whittles Your Middle

Enjoy an apple or two a day and you might just avoid an apple shape (where extra weight settles in the abdomen). That's because apples contain filling soluble fiber and ursolic acid, a natural compound that has been found to boost fat-burning. Researchers from the University of Rio de Janeiro found that women who added three apples per day to their diet lost more than two pounds in 10 weeks— a greater loss than dieters who didn't add apples.

Boosts Grey Matter

Apples are natural brain boosters. Researchers from Cornell University found that nutrients in apples protect brain neurons against oxidative damage, which contributes to neurodegenerative diseases such as Alzheimer's and Parkinson's disease. Scientists believe that a particular apple compound called quercetin may be responsible for this protective effect. Another study of people with moderate-to-severe Alzheimer's disease revealed that enjoying 8 ounces of apple juice daily resulted in a 27 percent improvement in mood and behavioral symptoms.

Keeps Your Heart Healthy

Eating apples is a heart-smart move because they contain more than 20 essential vitamins and minerals, as well as antioxidants and fiber. In one study in Finland, apple consumption reduced the risk of dying from heart disease by 19 percent among men and 43 percent among women.

And, in a human clinical trial, eating just one apple per day for four weeks reduced harmful LDL-oxidation by an average of 40 percent.

For more information and links to the latest apple research, visit [USApple.org](https://www.usapple.org)