

[BLOG POST]

# APPLE APPEAL: 6 REASONS YOUR KIDS WILL FALL FOR THIS FRUIT



**J**ust one percent of children meet all of their daily fruit and vegetable servings, and most children get only about half of the recommended servings per day, according to recent estimates.<sup>1,2</sup> Of course, making produce a priority is key to both improving children's nutrition and reducing the risk for chronic diseases.

Apples are the answer because they're the ideal quick and healthy snack. They're easy to eat, perfectly portable and loaded with nutrients: Apples provide more than 20 essential vitamins and minerals, including vitamin C, potassium, folic acid and fiber, nutrients that many children fall short on. A large apple has 130 calories and 5 grams of fiber and contains boron and magnesium, trace minerals that are necessary to build strong bones.

Need some appetizing apple ideas to help your children hit the daily produce goal? Try one or more of these tasty tips:

**1. Pick 'em yourself.** There's no easier way to get your child elated about apples than by letting them see how and where they're grown—and even hand picking some themselves. Apples are grown everywhere in the continental U.S. and are harvested from September through November in most areas of the country. Once home, you can use that bushel to make the dietitian-approved, kid-friendly suggestions below. Yum!

**2. Get a hole in one.** Instead of making traditional calorie-laden caramel apples, cut apples in half and hollow out enough of the apple to fill with one teaspoon of caramel sauce or peanut butter. Research shows that kids tend to eat more produce if it's served with a dip.

**3. Bake up some sweetness.** Kids love the sweetness of baked apples. Remove the core of an apple, leaving ½ inch of the core at the bottom of the apple. Pour a small amount of brown sugar and butter into the hole. Place filled apple in an 8-inch square baking pan, then add ¾ cup water to the pan. Bake at 375° for 30 to 40 minutes, until tender. Serve with yogurt or ice cream.

**4. Make your own effortless applesauce.** You can make your own applesauce using a slow cooker and enjoy it on its own or use it as a healthier topping. Simply combine 8 to 10 medium apples, peeled, cored and roughly chopped, with ½ cup apple juice or cider, 1 tablespoon lemon juice, 2 teaspoons cinnamon and ¼ cup brown sugar (optional), and let it cook in the slow cooker for 4 to 5 hours. Kick the nutrition up a notch by keeping the peel on half of the apples.

**5. Shop for slices.** Several varieties of single-serve pre-cut apple slices are available in most supermarkets; some even come with a dip, like peanut butter or caramel sauce. They're perfect for a lunchbox, afterschool snack or whenever you're on the go and want a healthy nibble.

**6. Sink your teeth into an apple sandwich.** For a great snack, core an apple and slice into 4 thick rounds. Spread nut butter on two of the apple rounds, sprinkle with granola and top with remaining two apple rounds.

<sup>1</sup>Produce for Better Health Foundation. State of the Plate: 2010 Study on America's Consumption of Fruits and Vegetables, 2010. Web. <http://www.pbhfoundation.org>, accessed August 9, 2014.

<sup>2</sup>Produce for Better Health Foundation. Moms' Attitudes and Beliefs Related to Fruit & Vegetable Consumption, 2007-2014, Produce for Better Health Foundation, 2014. Web. [http://pbhfoundation.org/pdfs/about/res/pbh\\_res/MomReport2014\\_WEB.pdf](http://pbhfoundation.org/pdfs/about/res/pbh_res/MomReport2014_WEB.pdf), accessed August 9, 2014.