

PEER-REVIEWED REFERENCES FOR U.S. APPLE TOOLKIT

For more information about specific apple and human health research, visit U.S. Apple Association for their downloadable Apple Health Benefits resource page (<http://www.usapple.org/PDF/Health%20Benefits%20Research%20Summary%207-10.pdf>), which includes references.

Below are additional references to specific studies and research covered in this toolkit. If you need a pdf of any research article cited, please contact Wendy Brannen and U.S. Apple Association, wbrannen@usapple.org.

Selected References for 10 Reasons to Adore Apples

APPLES AND WEIGHT MANAGEMENT

Kunkel SD1, Elmore CJ, Bongers KS et al. Ursolic acid increases skeletal muscle and brown fat and decreases diet-induced obesity, glucose intolerance and fatty liver disease. *PLoS One*. 2012;7(6):e39332.

de Oliveira MC1, Sichieri R, Venturim Mozzer R. A low-energy-dense diet adding fruit reduces weight and energy intake in women. *Appetite*. 2008 Sep;51(2):291-5.

APPLES AND CANCER PROTECTION

Hyson D., A Comprehensive Review of Apples and Apple Components and Their Relationship to Human Health. *Adv Nutr*. 2011 Sep;2(5):408-20.

APPLES AND HEART HEALTH

Hyson D., A Comprehensive Review of Apples and Apple Components and Their Relationship to Human Health. *Adv Nutr*. 2011 Sep;2(5):408-20.

Larsson SC1, Virtamo J, Wolk A. Total and specific fruit and vegetable consumption and risk of stroke: a prospective study. *Atherosclerosis*. 2013 Mar;227(1):147-52.

Hyson D, Studebaker-Hallman D, Davis PA, Gershwin ME. Apple juice consumption reduces plasma low-density lipoprotein oxidation in healthy men and women. *J Med Food*. 2000 Winter;3(4):159-66.

APPLES AND BRAIN HEALTH

Remington R1, Chan A, Lepore A, Kotlya E, Shea TB. Apple juice improved behavioral but not cognitive symptoms in moderate-to-late stage Alzheimer's disease in an open-label pilot study. *Am J Alzheimers Dis Other Demen*. 2010 Jun;25(4):367-71.

Chan A, Shea TB. Supplementation with apple juice attenuates presenilin-1 overexpression during dietary and genetically-induced oxidative stress. *J Alzheimers Dis*. 2006 Dec;10(4):353-8.

APPLES AND BLOOD SUGAR CONTROL

Reference: Song Y, Manson J, Buring J, Sesso H, Lin S. Associations of dietary flavonoids with risk of type 2 diabetes, and markers of insulin resistance and systemic inflammation in women: a prospective and cross-sectional analysis. *J Am Coll Nutr*. 2005;24:376-84.

APPLES AND LUNG HEALTH

Hyson D., A Comprehensive Review of Apples and Apple Components and Their Relationship to Human Health. *Adv Nutr*. 2011 Sep;2(5):408-20.