

## **Key Nutrients in Apples: “An Apple a Day” Health Benefits**

A medium apple provides meaningful nutrition in every bite. This versatile fruit offers a balanced mix of vitamins, minerals, fiber, and natural carbohydrates that supports multiple body systems... all in a delicious, easy-to-eat package!

### **VITAMIN C: IMMUNE AND ANTIOXIDANT SUPPORT**

- 9mg, or 12% of the recommended daily allowance (RDA) for adult women
- 9mg, or 10% of the RDA for adult men

Vitamin C in apples helps strengthen the immune system and may shorten the length of the common cold in both adults and children. Vitamin C contributes to eye health and may slow the progression of age-related macular degeneration in high-risk individuals. Its antioxidant properties help combat oxidative stress, potentially lowering the risk of certain cancers and cardiovascular conditions.

#### **Key Benefits of Vitamin C in Apples:**

- Supports immune system function
- May reduce cold duration by 8% in adults and 14% in children
- Contributes to eye health
- Helps limit oxidative stress and may reduce risk of certain cancers and cardiovascular diseases

### **FIBER: DIGESTIVE AND METABOLIC HEALTH**

- 4g, or 16% of the RDA for adult women
- 4g, or 13% of the RDA for adult men

Apples contain both soluble and insoluble fiber, offering multiple health advantages. Soluble fiber helps reduce the absorption of LDL (“bad”) cholesterol, supporting cardiovascular health. Fiber also promotes healthy digestion, regular elimination, and a sense of fullness. Fiber in apples supports weight management while moderating blood sugar responses by slowing the absorption of carbohydrates.

#### **Key Benefits of Fiber in Apples:**

- Supports heart health by lowering LDL cholesterol
- Promotes digestion and regularity
- Enhances satiety and fullness
- Regulates blood sugar by slowing digestion and absorption



### **IRON: BLOOD HEALTH AND ENERGY**

- 1mg, or 6% of the RDA for adult women
- 1mg, or 13% of the RDA for adult men

Iron is essential for producing red blood cells and preventing fatigue and weakness associated with iron deficiency anemia. It's especially important during pregnancy and early childhood to support brain development and help prevent complications like low birth weight. As part of a balanced diet, the iron in apples helps support overall health and daily energy levels.

#### **Key Benefits of Iron in Apples:**

- Helps prevent iron deficiency anemia
- Supports healthy brain development and function
- Contributes to sustained energy throughout the day

### **CARBOHYDRATES: BALANCED ENERGY SOURCE**

- 25g, or 19% of the RDA for adult men and women

The natural carbohydrates in apples offer a steady energy source to fuel daily activities. Unlike many processed carbohydrates, apples have a low glycemic load, meaning they're digested and absorbed gradually, helping prevent blood sugar spikes. When paired with fiber, these complex carbohydrates support appetite regulation and weight management by reducing overall calorie consumption.

#### **Key Benefits of Complex Carbohydrates in Apples:**

- Provides steady, efficient energy
- Helps regulate blood sugar with low glycemic impact
- Supports fullness and healthy calorie intake

### **POTASSIUM: CARDIOVASCULAR FUNCTION**

- 106mg, or 4% of the RDA for adult women
- 106mg, or 3% of the RDA for adult men

Potassium plays a vital role in maintaining heart rhythm, muscle contractions, and nerve signaling. It works to balance sodium's effects in the body, potentially helping manage blood pressure and reducing stroke risk. Potassium also aids in maintaining bone density and may reduce the formation of kidney stones.



#### **Key Benefits of Potassium in Apples:**

- Supports healthy heart rhythm and muscle function
- Helps regulate blood pressure by offsetting sodium
- Contributes to bone and kidney health

#### **ADDITIONAL HEALTH BENEFITS OF REGULAR APPLE CONSUMPTION**

Apples offer broad health benefits. From supporting weight management and digestion to helping regulate blood sugar, apples are a simple, wholesome addition to a balanced diet. With every bite, you're fueling your body with natural nutrients that deliver real impact.

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*Source: USApple Association, based on USDA nutritional data and current research*