

## An Apple a Day...

You may not be surprised to hear that apples are the most commonly eaten fruit in the United States, which does include the apple in all its forms such as juice, applesauce and dried apples. There are 2500 varieties of apples grown in the US, and 7500 varieties grown throughout the world. Because apples are both available and so common in the American diet, a lot of research has been done to look at the role that apples may play in managing chronic diseases. *To date, there is substantial evidence that consuming 1-2 apple a day can help manage and/or prevent:*

Asthma	Type 2 Diabetes	Dementia	Heart Disease
Breast Cancer	Liver Cancer	Colon Cancer	



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Apples are rich in fiber, vitamin C and potassium. About two-thirds of the fiber is found right under the peel. The fiber in apples slows down your digestion so you feel fuller longer. Because it takes longer to digest an apple, your blood sugar doesn't rise as high or as fast. In the Women's Health Study, women who consumed two apples a day were found to have a 27% lower risk of developing Type 2 diabetes compared to women that didn't consume any. Similar results were found in another study of more than 10,000 men and women followed over a 28 year period. Apples also contain antioxidants, which help reduce stress in your mind and body therefore reducing risk of the chronic conditions above and even dementia as you age.

### Storage/Handling:

- Apples should be stored in the refrigerator to slow the ripening process; apples stored in the refrigerator generally can last 4-6 weeks.
- Keep apples away from foods with strong odors.
- Wash apples under cool running water, but don't wash until just before using to prevent spoiling.
- To prevent browning, slice and dip apples completely into fruit juice such as lemon juice or sugar water; eat/use within two hours or refrigerate.



### Uses:

- Chopped apples can be added to salads, slaws, hot cereals and fruit salsas like the recipe below.
- Grill apple slices on outdoor grill or indoor griddle seasoning lightly with cinnamon. Eat them right off the grill or serve with pork chops, ribs, pancakes or French toast.
- Apples are great alone, but for variety are great with nut butters, granola or yogurt.
- Add to your other favorite fruits and blend for a delicious fruit smoothie.
- Applesauce can be substituted for fat in cake and muffin recipes for a lower fat treat.
- Baked apples are a healthy and yummy autumn treat.

## Apple Cilantro Salsa

-2 cups Granny Smith apples, chopped	-¼ cup fresh cilantro, chopped
-1 small jalapeno pepper, chopped	-2 tsp. sugar
-2 Tbsp. lime juice	-2 Tbsp. onion, chopped

Mix all ingredients together except apples; set aside. Chop apples into small pieces with skin on. Stir apples into other ingredients; serve with tortilla, pita chips or just eat it with a spoon. Makes 8 (1/3 cup) servings

**Nutrition analysis per serving:** 20 calories, 0 grams fat, 0 grams protein, 5 grams carbohydrates, 1 gram fiber, 0 mg sodium