



"An apple a day:" it's really true!

FRESHNESS FACT

You remember what Mom said – an apple a day keeps the doctor away. Not to suggest we should avoid visiting our physicians, but she was right – apples are such a rich source of health-promoting antioxidant phytonutrients, they actually work to keep you healthy! The phytonutrients contain particularly interesting nutrients called flavonoids, which promote health in many ways.

Apples and apple juice are two of the best sources of boron, which may promote bone health. And ... don't peel that apple! That's the source of most of the fiber. Apples don't have fat, cholesterol, or sodium, but they do have lots of fiber, both soluble and insoluble, to help promote heart health and maintain regularity.

Several studies suggest apples may provide a whole-body health benefit, including a potential decreased risk of cancer and heart disease. And apples contain small amounts of potassium, which may promote heart health and help maintain healthy blood pressure.

And a weight-watcher has no better friend. A delicious apple baked in honey and orange juice, for example, has only 167 calories and no cholesterol! Baked in apple juice and lemon peel, it has only 70 calories – and no cholesterol. Crispy, satisfying, and full of flavor, an apple just "hits the spot" every time.

Enjoy with us, as we explore the magnificent, multitalented apple in recipes this month!

Our commitment ... to the best for your nutrition.

