What are Apples? Apples are fruits that originated from the rose family. They contain 4 grams of fiber per serving.

What are examples of Apples? There are hundreds of apple varieties. Examples include: Gala, Honey Crisp, Cameo, Fuji, Granny Smith, McIntosh, Cortland, and the popular Red Delicious Apple.

What are the health benefits of Apples? Apples contain antioxidants which assist with the cardiovascular system, blood sugar levels, anti-cancer, and anti-asthma benefits.

- **Cardiovascular Benefits:** Antioxidants decrease the oxidation of cell membrane fats which lowers the risk of clogged arteries.
- **Blood Sugar Regulation Benefits:** Antioxidants affect the digestion of carbohydrates which is directly related to the body’s blood sugar intake.
- **Anti-Cancer Benefits:** Though there are no specific explanations for apple antioxidants effects on cancer reduction, researchers have found that apples contribute to lower lung cancer risk.
- **Anti-Asthma Benefits:** Antioxidant and anti-inflammatory nutrients in apples lower risk of asthma development.

How can Apples be incorporated into meals?

- Apple skins contain high nutrient content. When eating the skin of the apple, it is more beneficial to choose apples that are organic. Organic apples have a lower chance of exposure to pesticides.
- Try apples mixed with Mueslix Whole Grain Cereal and yogurt, instead of milk with cereal.
- Try pork loin with apple chutney, instead of mashed potatoes.
- Try Apple and Gorgonzola Salad with Maple Dressing.

Reference: whfoods.com
usapple.org
health.com