



Apple Nutrition Facts

Apples are:

- fat free;
- saturated fat free;
- sodium free;
- cholesterol free; and
- an excellent source of fiber.

What the Nutrition Facts label *doesn't* tell you:

- Apples are a rich source of phytonutrient (plant-based) antioxidants.
- Apples and apple juice are two of the best sources of the mineral boron, which may promote bone health.
- Apples contain natural fruit sugars, mostly in the form of fructose.
- Because of apples' high fiber content, the fruit's natural sugars are slowly released into the blood stream, helping maintain steady blood sugar levels.

Federally-approved health claims for apples:

- **Fiber-containing fruits and cancer:** Low fat diets rich in fiber-containing fruits, vegetables and grain products may reduce the risk of some types of cancer, a disease associated with many factors. Apples are an excellent source of fiber.
- **Fiber-containing fruits and the risk of coronary heart disease:** Diets low in saturated fat and cholesterol and rich in fruits, vegetables and grain products that contain some types of dietary fiber, particularly soluble fiber, may reduce the risk of heart disease, a disease associated with many factors. Apples are naturally fat-free, saturated fat-free, and cholesterol-free, and are an excellent source of fiber.
- **Fat and cancer:** Eating a healthful diet low in fat may help reduce the risk of some types of cancers. Development of cancer is associated with many factors, including what you eat. Apples are naturally fat-free.
- **Saturated fat and cholesterol and heart disease:** While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease. Apples are naturally fat-free and cholesterol-free.
- **Sodium and hypertension:** Diets low in sodium may reduce the risk of high blood pressure, a disease associated with many factors. Apples are naturally sodium-free.

Apple Health Research

Modern science is providing more and more proof of that adage about "an apple a day." What we know about apple health benefits is constantly expanding, as new apple health research is reported in the United States and around the world.

While the study of apples' health benefits is still in very early stages, research to date suggests that apples and apple nutrients may play a role in promoting human health in a number of ways, including:

- promoting cardiovascular health by lowering LDL cholesterol and inhibiting LDL oxidation, and reducing the risk of certain types of stroke;
- maintaining a healthy weight, as part of a low-fat, fiber-rich diet;
- promoting lung health, by countering the effects of oxidative damage;
- promoting prostate, liver and colon health, by inhibiting the growth of related cancer tumors; and
- promoting bone health, by providing a good source of the dietary mineral boron.

Please consult your personal physician or nutrition consultant for specific diet and lifestyle advice to promote your better health and quality of life. And make apples and apple products a part of your "5 A Day" eating plan!

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