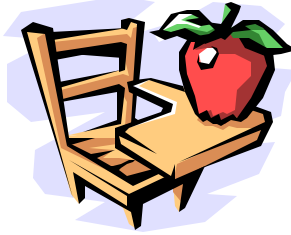


AN APPLE A DAY*



There is truth in the time-honored adage that “An apple a day keeps the doctor away.”

Want to receive the benefits of about 4 grams of fiber in just 80 calories? Enjoy a crunchy, medium-size apple WITH ITS PEEL ON. By eating just one apple you will have reached 15% of the minimum amount of fiber advised daily for adults. Also, the soluble fiber of the apple may help lower blood cholesterol levels and help waste move through the intestinal tract faster.

A powerful antioxidant, quercetin, is found in apples---especially the peel. Quercetin may reduce the growth and spread of cancer cells and protect your blood vessels from fatty deposits.

Feeling nervous or stressed? Aroma and flavor of an apple mostly come from fragrance cells in the peel. The scent of an apple is one that makes people feel less anxious, especially when mixed with cinnamon and clove. Also, just underneath the skin of the apple is vitamin C.

Apples can be added to a garden, chicken, or tuna salad. Bring a whole apple, dried apple slices or canned apple juice to work for your energy snack. Spread chunky applesauce on your morning toast or pancakes and waffles instead of syrup. Just remember “An apple a day can keep the doctor away.”



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*Facts provided by K. Powell, RN
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