

Nutritional Information for Apples

This article can be read in full at www.medicalnewstoday.com/articles/267290.php

Apples contain almost no fat, sodium or cholesterol.

Apples deserve to be called "*nutritional powerhouses*". They contain the following important nutrients:

- **Vitamin C** - a powerful natural antioxidant capable of blocking some of the damage caused by free radicals, as well as boosting the body's resistance against infectious agents, according to the University of Maryland Medical Center.¹
- **B-complex vitamins** (riboflavin, thiamin, and vitamin B-6) - these vitamins are key in maintaining red blood cells and the nervous system in good health.
- **Dietary fiber** - the British National Health Service² says that a diet high in fiber can help prevent the development of certain diseases and may help prevent the amount of bad cholesterol in your blood from rising.
- **Phytonutrients** - apples are rich in polyphenolic compounds". These phytonutrients help protect the body from the detrimental effects of free radicals.³
- **Minerals** such as calcium, potassium, and phosphorus.

Apples, with skin (edible parts) nutritional value per 100 grams:

Energy – 52 kcal	Carbohydrates – 13.81 g	Fat – 0.17 g
Protein – 0.26 g	Water – 85.56 g	Sodium – 1 mg
Beta-carotene – 27 micro g	Lutein and Zeaxanthin – 29 micro g	Vit A equiv – 3 micro g
Thiamin (Vit B1) – 0.017 mg	Riboflavin (Vit B2) – 0.026 mg	Niacin (Vit B3) – 0.091 mg
Pantothenic acid (Vit B5) – 0.061 mg	Vit B6 – 0.041 mg	Folate (Vit B9) – 3 micro g
Vit C – 4.6 mg	Vit E – 0.18 mg	Vit K – 2.2 micro g
Calcium – 6 mg	Iron – 0.12 mg	Magnesium – 5 mg
Manganese – 0.035 mg	Phosphorus – 11 mg	Potassium – 107 mg

Note: the average size of an apple is 150 grams
Source: USDA

Health Benefits of Apples

A collection of research studies suggests that apples may well be one of the best foods people should add to their diet.

Apples Can Potentially:

Improve neurological health

Apples are good for neurological health. The fruit contains an antioxidant called "quercetin" which reduces cellular death caused by oxidation and inflammation of neurons, according to research conducted by G. Bureau and M. Martinoli at the University of Quebec.

Prevent dementia

Researchers at Cornell University conducted a study, published in the *Journal of Food Science*, which found evidence to suggest that apples may help "protect neuron cells against oxidative stress-induced neurotoxicity", which could reduce the risk of developing neurodegenerative disorders such as Alzheimer's disease.

Reduce your risk of stroke

A study involving 9,208 men and women showed that those who ate the most apples over a 28-year period had the lowest risk for stroke. The researchers concluded "the results suggest that the intake of apples is related to a decreased risk of thrombotic stroke."

Lower levels of bad cholesterol

A group of researchers at The Florida State University stated that apples really are a "miracle fruit". They found that older women who ate apples everyday had 23% less bad cholesterol (LDL) and 4% more good cholesterol (HDL) after just six months.

Reduce the risk of diabetes

Apples could also help lower your risk of diabetes. A study involving 187,382 people found that people who ate three servings per week of apples, grapes, raisins, blueberries or pears had a 7% lower risk of developing type 2 diabetes compared to those who did not.

Ward off breast cancer

There is growing evidence suggesting that an apple a day may help prevent breast cancer, according to a series of studies conducted by prominent Cornell researcher Rui Hai Liu.

Liu said her research adds to "the growing evidence that increased consumption of fruits and vegetables, including apples, would provide consumers with more phenolics, which are proving to have important health benefits. I would encourage consumers to eat more and a wide variety of fruits and vegetables daily."

Recent developments on the benefits of apples from MNT news

An apple a day is just as effective as statins in preventing vascular death. Researchers from the University of Oxford in the UK found that eating an apple everyday could be just as effective as statins in preventing vascular deaths among people over 50.

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