

# Apples

A smattering of Apple-y goodness includes:

- Potassium
- Omega-3 and -6 fatty acids
- Calcium
- Phosphorus
- Magnesium
- Manganese
- Iron
- Copper
- Zinc
- Betaine
- Vitamin A
- Vitamins B1, B2, & B6
- Niacin
- Folate
- Pantothenic Acid
- Vitamin C
- Vitamin E
- Vitamin K



Be they *red*, gold, or polka dot, apples are *delicious*. They are local produce in Michigan, and a great treat to enjoy anytime, anywhere. There's even that old adage: an Apple a day keeps the doctor away. That's typically a good thing, though recent studies suggest **you need two apples**.

*We all love to enjoy this juicy treat, now here are some great excuses to eat them more often!*

## Johnny Appleseed Must Have Been a Doctor

Humans have been eating apples since 6500 BC and there are plenty of great reasons.

Apples pack more **Antioxidants**—which may **help to prevent cancer**—than a 1500 mg dose of Vitamin C. A high tally of Phytochemicals contributes to the anti-cancer rampage. This is how it works: **Antioxidants fight free radicals**, which are thought to contribute to certain cancers and other conditions. Free radicals may also contribute to the aging process.

Apples also strengthen lung function and can especially **lower the chance of getting lung cancer**.

## Apples to Control Cholesterol and Blood Pressure

Apples have absolutely **NO Sodium** and **NO Cholesterol**.

**Phytonutrients help fight off the effects of bad LDL cholesterol**, which helps **prevent heart disease**.

Research has shown that people who eat an Apple a day tend to **breathe more easily**, because of the positive effects that the nutrients in Apples have on **lung function**.

“Save the bones!” - Dr. Appleseed

Apples contain some amounts of the essential element Boron, which helps with bone density. and, therefore, helps **PREVENT** or **DECREASE** the effects of **osteoporosis**.

Let's not forget about Fiber

Apples contain both **soluble fiber and insoluble fiber**. Soluble fiber, like **Pectin**, actually assists in **preventing** cholesterol build-up in blood vessels, **reducing** the chance of **getting atherosclerosis and heart disease**. Insoluble fiber is useful too, of course! It provides bulk, holding water to **clean the digestive system** and move food along more quickly through it.

For these reasons and the great taste...

*Enjoy an Apple today and every day!*