

# Take a Bite out of this!

## 5 Health Benefits of Eating Apples

### 1. Fiber

- Although apples may not have an enormous amount of fibre like oats, the combination with other apple nutrients (phytonutrients) provide the **same health benefits** as other foods higher in fibre.
- When the *whole* apple is consumed, it can prevent heart disease and regulate blood fat levels.
- They lower blood fats with high fat-soluble fibre called **pectin**.

### 2. Antioxidant Effect

- Most polyphenols (antioxidant nutrients) in apples function as antioxidants.
- Strongest ability is **decreasing oxidation of cell membrane fats** – decreasing the risk of clogged arteries (atherosclerosis) and other cardiovascular problems.
- Studies show ability to lower risk of asthma and risk of lung cancer.
- Provides Vitamin C and flavonoids.

### 3. A Healthier Heart

- Numerous cardiovascular benefits from: (1) pectin (2) mix of polyphenols.
- Decreases total cholesterol and LDL cholesterol.
- Prevents possible oxidation of fats in the bloodstream or in the cell membrane – **key factor in lowering the risk of many chronic heart problems!**
- Anti-inflammatory benefits.

### 4. Control your Weight

- A **whole** apple is important if you want full satisfaction from eating them.
- Studies show that people reported **less hunger** when eating a whole apple versus eating applesauce or apple juice. They also decreased their caloric intake by 15% when they ate a whole apple 15 minutes before a meal.
- 100 g of apple slices contains only 50 calories, no saturated fats or cholesterol.

### 5. Cancer Fighting Effects

- Many studies show the ability of overall fruit and/or vegetable intake to lower lung cancer risk, but very few individual fruits show up as protective against lung cancer... **except apples!**
- Researchers are not certain why this relationship exists but know that their antioxidant and anti-inflammatory benefits are most likely involved.



## Peanut Butter Granola Apple Rings

Makes 6 servings



### Ingredients

- 1 cup granola
- ¼ cup natural peanut butter
- 1 tbsp honey or maple syrup
- 1 tsp cinnamon
- 2 red or green apples, cored and cut into 6 rings

### Instructions

1. Combine peanut butter, honey (or maple syrup) and cinnamon in a small bowl until smooth.
2. Spread mixture evenly on 1 side of each apple slice.
3. Sprinkle evenly with granola.

Resources: <http://whfoods.org/>, <http://www.nutrition-and-you.com/>, <http://www.eat-yourself-skinny.com/>