

# All About Apples

## Fun Facts:

- 🍏 Most apples are still picked by hand in the fall.
- 🍏 Over 100 varieties of apples are grown commercially in the United States, but there are over 7,500 varieties globally!
- 🍏 Apples are a member of the Rose family.
- 🍏 Apples are very versatile, and are great for baking, pureeing (applesauce), frying, drinking (apple cider), or just eating raw!
- 🍏 Don't peel off apple skins, because they contain lots of fiber and antioxidants!



## Apples at Home:



### *Sliced Apples with Maple Cinnamon Greek Yogurt Dip*

#### Ingredients:

- 🍏 1/2 teaspoon – cinnamon
- 🍏 1 cup – Greek yogurt, plain
- 🍏 1 1/2 tablespoons – maple syrup, pure

#### Directions:

1. Mix cinnamon and maple syrup into yogurt.
2. Cut up apples into wedges, dip in yogurt mixture, and enjoy!

## An apple a day keeps the doctor away... Science-based health benefits of apples:

- 🍏 Contain phytochemicals, which can reduce cancer cell proliferation, control inflammation, and prevent lipid oxidation
- 🍏 Lower cholesterol and blood pressure
- 🍏 Have antioxidant properties
- 🍏 Reduce risk for developing chronic diseases such as cardiovascular disease, diabetes, some cancers, and asthma
- 🍏 Help regulate digestion and increase satiation
- 🍏 Naturally low in fat, sodium, and calories

## References:

- 🍏 All about the fruit group. <https://www.choosemyplate.gov/fruit>
- 🍏 Apples and More. <https://extension.illinois.edu/apples/facts.cfm>
- 🍏 Apple phytochemicals and their health benefits. *Nutrition Journal*, 2004 <https://nutritionj.biomedcentral.com/articles/10.1186/1475-2891-3-5>