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Tastes good, good for you!

Recent studies and recommendations find apples at the forefront of health news. In fact, a new study conducted by scientists at Cornell University found that an apple a day might help keep breast cancer away. In this first-ever study on the effects of apples on breast cancer, scientists found that tumors were reduced by up to 60%, just by consuming apples. The more apples consumed, the greater the reduction in incidence and number of breast cancer tumors.

- Apples are loaded with antioxidants, and studies have linked antioxidants to the prevention of cancer.
- Cornell University also concludes that consumers may gain more significant health benefits and nutrients by eating more fruits, such as apples and apple products, than consuming dietary supplements.
- Add some great tasting apples, apple juice, cider, slices or sauce to your diet today for better health!

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Spring Into Shape

Spring into shape this month and add apples to your diet. In addition to offering a multitude of health benefits, apples provide an easy, effective and natural energy boost.

- Apples contain natural fruit sugars, or fructose, which give you energy the healthy way.
- Apples provide the body with complex carbohydrates, which give a longer, more even energy boost compared to simple sugar snacks.
- The excellent fiber source in apples may help you feel full longer, which makes them perfect for any weight-loss program.

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Skin is In

Skin is in this summer, and this can apply to your diet as well. While the benefits of apples are numerous, many Americans may not realize that apple skins can be equally as valuable. Two-thirds of the fiber, and many antioxidants, are found in an apple's peel.

- Eating a whole apple, including the skin, offers anticancer benefits. Antioxidants found in apple skins have been linked to the prevention of colon, breast and liver cancer.
- Previous research has confirmed that the important antioxidants found in apples also pass through to apple juice and/or cider. So, drink up!
- Major sources of quercetin, apple skins may help protect against heart disease.
- Apple skins have many nutrients, including the soluble fiber pectin, which studies have shown may lower blood cholesterol.

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Make a Meal with Apples

While apple pie is a classic and well-known American recipe, apples and apple products can be used in a variety of dishes, and for any meal of the day. Spice up your barbecue by preparing this tasty Shrimp with Asian Ginger Apple Barbecue Sauce recipe.

Shrimp with Asian Ginger Apple Barbecue Sauce

- 2 tsp. olive oil
- 1/4 cup minced onion
- 1 clove garlic, minced
- 3 tbsp. grated fresh ginger root
- 1 tbsp. sesame seeds
- 1 cup applesauce
- 3 tbsp. low-sodium soy sauce
- 2 tbsp. dry sherry
- 1/4 tsp. ground black pepper
- 1-1/2 pounds shrimp

Heat olive oil in medium saucepan. Add onion, garlic and ginger. Sauté for 10 minutes or until lightly brown. Add sesame seeds and cook for one minute to toast seeds lightly. Reduce heat. Add applesauce, stir well. Add seasonings; simmer uncovered for 20 minutes, stirring occasionally. If mixture is too thick, add a few tablespoons of apple juice to thin.

Preheat grill. Peel and devein shrimp. Thread shrimp on skewers, and brush with sauce. Grill until pink and just cooked through, about 10 minutes, basting and turning every two minutes.

Nutrient analysis per serving:
Calories 320, fat 7 g, cholesterol,
46 mg, fiber, 6 g.