Handling and Storage Tips
To maximize your apple-eating experience, follow these easy tips for selecting, storing and preparing apples.

- Select apples that are bruise-free and handle apples gently to prevent bruising.
- Select apples that are firm to the touch for the best flavor and crunchiness.
- Store apples in the refrigerator to slow ripening and maintain flavor.
- Wash individually sold apples in cool water before serving.
- Store apples away from strong-smelling foods to prevent them from absorbing unpleasant odors.
- Coat apple slices and dices in a mixture of one part lemon juice to three parts water – or Vitamin C-fortified 100% apple juice – to retard browning.

Apples – On Your Way to 5 A Day
The proverbial "apple a day" has long been described as a food that helps "keep the doctor away." Apples and apple products contribute phytonutrients to the diet, compounds found naturally in plants, fruits and vegetables that help make apples good for you. As the link between diet and health becomes stronger and more clearly defined, researchers and consumers are taking new looks at the potential health benefits of old favorites, such as apples.

In studying the various components of apples, researchers discovered that apples and apple juice provide flavonoids, an important class of phytonutrients. These nutrients appear to promote health in many ways – the more you eat, the better!

Increasing fruit and vegetable intake is the most important step Americans can take to make healthy food choices and achieve better health.

So enjoy your health food – get on your way to 5 A Day with apples!

For more specific information on these and other apple research projects visit our apple web site at www.usapple.org. Please consult your physician or a dietetics professional for health and nutrition advice.
Apples – Take a Healthy Bite!
Eating a balanced diet and exercising regularly are the keys to good health. Eating at least two cups of fruit each day will help get you and your family on the path to a healthier lifestyle. And apples, in all their flavorful varieties, fresh, frozen, canned, dried and 100% juice, prove that good-for-you food can taste good, too.

Core Apple Nutrition Facts:
- Apples don’t have fat, cholesterol or sodium, a plus for maintaining heart health.
- Apples do have lots of fiber — both soluble and insoluble kinds. Fiber helps promote heart health and maintain regularity. 
- Apples help maintain a healthy weight, providing just 80 calories per serving.

What “Nutrition Facts” doesn’t tell you:
- Apples are a healthy source of antioxidants, which help maintain normal cell function by protecting against free radical damage.
- Including apples in a diet rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases.

Easy ways to add apples to your day:
- Stir some apple slices in your hot or cold breakfast cereal.
- Garnish a green salad with diced apple cubes for color and flavor — not to mention great nutrition.
- Snack on an apple for an afternoon energy boost — try a different variety every day of the week.
- Serve a side dish of applesauce with lunch or dinner.
- Quench your thirst with an apple juice spritzer — mix 100% apple juice with equal parts of seltzer water, and serve over ice.
- Substitute applesauce for oil in some baked goods, to cut fat and calories. This works especially well with cakes, muffins and brownies.

To Peel or not to Peel?
Actually, there’s no question here — whenever possible, don’t peel that apple. Two-thirds of the fiber, and many of the antioxidants, are found in an apple’s peel.

All Juice and Nothing but the Juice
Be sure to select 100% apple juice, for your better health — anything less just doesn’t measure up. Juices that contain less than 100% apple juice will be called “juice beverages,” “juice cocktails” or “juice drinks.” A 4 oz. serving of 100% apple juice counts as one USDA Dietary Guideline serving of fruit.

apple variety guide
More than 100 apple varieties are grown commercially in the United States. This guide introduces you to the top U.S. varieties. Check local farm markets for apple varieties unique to your area.

Many apple varieties now on the market are striped or speckled, bi-colored, or have a blush. Don’t worry, they’re supposed to look that way — so go ahead, take a healthy bite!

Nutrition Facts
Serving Size 1 medium apple □
(154g/5.5 oz.)
Amount per Serving
Calories 80 Calories from Fat 0
% Daily Value* 
Total Fat 0g 0%
Saturated Fat 0g 0%
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrate 22g 7%
Dietary Fiber 5g 20%
Sugars 15g 11%
Protein 0g 0%
Calcium 0% Iron 2%
Vitamin A 2% Vitamin C 8%

% Daily Value is based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

Nutrition Information Per Serving: calories: 270, fat: 7.7 g, saturated fat: 2.7 g, % calories from fat: 26%, % calories from saturated fat: 9%, protein: 3.1 g, carbohydrates: 19 g, cholesterol: 32 g, dietary fiber: 3 g, sodium: 199 mg

Nutrition Information Per Serving: calories: 105, fat: 0.1 g, saturated fat: 0 g, % calories from fat: 1%, % calories from saturated fat: 0%, protein: 2 g, carbohydrates: 25 g, cholesterol: 0 g, dietary fiber: 3 g, sodium: 0 mg