

APPLES



To Look For: Apples should be bruise-free and firm to the touch. They should also have good color (color depends on the variety), shiny skin and a pleasant smell. Avoid apples that are bruised, have broken skin, or have internal browning.

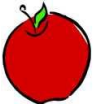


At Home: To keep apples fresh and crisp, refrigerate as soon as possible. Store in refrigerator crisper for up to 2 months (best to use sooner). Keep them away from strong-smelling foods so they don't absorb odors. Rinse apples in clean drinking water directly before using.



Your Health: Apples are a nutrient-rich fruit:

- Good Source of Vitamin C
- Very Good Source of Fiber
- Also include Vitamin A, iron and potassium.



Benefits: Eating more fruits, especially high fiber, Vitamin C rich fruits, reduces risk of cancer, heart disease and strokes.

- Vitamin C helps your body absorb iron and helps your immune system
- Vitamin A helps maintain vision and keeps your immune system healthy
- Fiber aids digestion and gives a feeling of fullness when eating
- Iron prevents anemia and potassium keeps up muscle function.

Nutrition Facts

Serving Size 1 medium apple
(154g)

Amount Per Serving

Calories	Calories from
80	Fat 0

% Daily Value*

Total Fat 0g	0%
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Saturated Fat 0g	0%
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Cholesterol 0mg	0%
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Sodium 0mg	0%
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Total Carbohydrate 22g	5%
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Dietary Fiber 5g	20%
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Sugars 16g	
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Protein 0g	
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Vitamin A 2% - Vitamin C 8%	
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Calcium 0% - Iron 2%	
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Additional Nutrition Information

Potassium 70mg **5%**



Tips to Eat More Apples: A serving of apples is 1 medium apple or ½ cup.

- Keep apples on hand for a quick snack or dessert.
- Add diced apples to cooked or uncooked breakfast cereal.
- For healthier baking, add diced apple or applesauce to your favorite muffin, cake, cookie or bread recipes.
- Add diced apple to green salads (try a salad with romaine lettuce, a powerhouse summer vegetable) for tangy sweetness.
- Add apples to soups and stews, stir-fries or rice dishes. Apples pair well with spicy foods, like curries, and other savory dishes. Try apples in your stuffing.
- Cook apples with other fruits and vegetables, like cranberries, sweet potatoes (a powerhouse Fall vegetable), or carrots (a powerhouse Winter vegetable).
- Apples are also great in fruit salads! Add lemon or orange juice to keep them from browning.
- Or you can add chopped apples to rice, pasta, chicken or tuna salads.
- Try baking apples with cinnamon and raisins in the microwave for a quick dessert. Other flavors that go well are maple, honey, citrus, cloves, and nutmeg.
- Use apples to make sauces or salsas to accompany meat, chicken or fish dishes, breakfast (try cooked apples on pancakes or waffles) or even desserts.
- Don't forget dessert! Reduced fat apple pies, apple cobbler, apple crisps, apple cakes and baked apples are perfect ways to end a meal.



Quick Recipe Ideas:

- Easy applesauce: combine 4 diced apples and 3 Tbsp. water in a microwave-safe dish. Cover, vent and cook on high for 12-14 minutes or until apples are tender. Stir in sugar and other seasonings to taste then microwave another 3 minutes. Makes 2 cups.
- **Fresh Fruit with Creamy Sauce:** mg. (1%), Vitamin A: 2%, Vitamin C: 35%, Calcium: 6%, Iron: 2%.
Better Homes and Gardens, *Cooking for Two*.
 ½ c. low-fat yogurt
 ¼ c. unsweetened applesauce
 1 tsp. honey
 1 c. sliced apple, pear or both
 1 small banana, sliced
 ½ c. seedless grapes
 1 c. orange sections, peeled
 ground cinnamon or nutmeg

For sauce, stir together the yogurt, applesauce and honey. Stir together fruit and put in individual dishes. Spoon some of the sauce over each serving. Sprinkle with cinnamon or nutmeg.

Makes 6 servings.

Per serving: Calories: 80, Fat: 0.5 g. (1%), Cholesterol: 0 mg., Fiber: 2 g. (7%), Sodium: 15



For One or Two:

To serve two follow same directions using:
3 Tbsp. low-fat yogurt, 1 ½ Tbsp. unsweetened applesauce, ½ tsp. honey, ½ c. sliced apple, pear or both, 1/3 banana, sliced, 3 Tbsp. grapes, ½ c. orange sections, ground cinnamon or nutmeg.
Divide this recipe by 2 to serve one.

Modifications: If you have a citrus allergy, or if desired, substitute or add fresh fruit in season. Try different flavors of yogurt for variety or a different sauce.

Storage and Freezing: This salad is best eaten within 1-2 days of making. To make ahead, add lemon juice to keep the apples/pears from browning and add bananas right before serving. Leftovers make a great dessert, snack or breakfast.

Kid Friendly Try this recipe with your family or have your kids help you make it—it can be a good way to introduce them to some new fruits.