

# An Apple a Day KEEPS THE DOCTOR AWAY

Apples are an incredibly nutritious fruit with many health benefits. They are considered nutrient-dense fruits, meaning they provide a lot of nutrients per serving. Incorporating apples into your diet is a simple way to improve your nutrition and optimize your health. Aim for at least 2 servings of fruits per day. Choose whole fruits whenever possible; not juice.

## IMPRESSIVE HEALTH BENEFITS OF APPLES

### Rich in fiber *(4 grams in a medium apple)*

Apples are an excellent food to help you reach your recommended fiber intake. Eating fiber slows digestion and make you feel fuller thereby reducing your calorie intake which helps with weight loss. Fiber is also important for digestive health.

### High in antioxidants

Antioxidant-rich apples may help regulate your immune system and reduce inflammation thus preventing cancer, as well as reduce your risk of diabetes, stroke, high cholesterol, and heart disease.

### Low in calories *(95 calories in a medium apple)*

Apples consist of about 86% water which means they are filling and can lead to reduced calorie intake and weight loss.

### Good source of vitamins

Apples contain vitamins C, E, B and K which are important for growth and repair of cells in our body.

Apples can appear on your plate in many ways.

Try the ideas below.

- Eat whole
- Pair apple slices with low fat yogurt or cheese or peanut butter
- Add to oatmeal
- Mix with other fruits to create a fruit salad
- Garnish your salad greens with apple slices
- Add thin slices to your favorite sandwich



## Apple Nachos

### INGREDIENTS:

- One Apple
- 1/2 cup low-fat yogurt

### Pick 1 or 2 optional toppings:

- 1/2 cup berries
- 1/8 cup raisins
- 1 crushed graham cracker
- 1/8 cup sliced almonds
- 1 Tbsp. drizzled peanut or nut butter

### INSTRUCTIONS

- Cut your apple into small slices and place on a plate.
- Drizzle or dollop the yogurt onto the apples.
- Top with 1 or 2 optional toppings
- Enjoy!



### Nutrition Facts

Servings per recipe: 2

Serving size: 1/2 of the recipe

Amount per serving

**Calories** **165**

% Daily Value

**Total Fat** 4.9g **6%**

Saturated Fat 1g **5%**

**Cholesterol** 1mg **0%**

**Sodium** 96mg **4%**

**Total Carbohydrate** 26.1g **9%**

Dietary Fiber 4.9g **17%**

Total Sugars 16.3g

**Protein** 6.5g