



Wellness Buddy Wednesday Tip

An Apple A Day....

Everybody's heard the old saying, "an apple a day, keeps the doctor away". This saying comes from an old English adage, "To eat an apple before going to bed, will make the doctor beg his bread."

But, do you know what differentiates apples from oranges, bananas and other fruits? Apples have properties that no other fruits have and their health benefits have been proven over time.

Apples are a source of vitamin C. Vitamin C acts as the "paste" that holds cells together; strengthens blood vessel walls; helps wounds heal; helps bones grow; and strengthens resistance to infection. As you can imagine, individuals who are deficient in vitamin C may suffer from poor healing, bruise easily and have bleeding gums.

Apples are rich in flavonoids. Flavonoids have antioxidant, anti-inflammatory and anti-viral properties. These properties support our immune system and can prevent coronary heart disease and cardiovascular disease.

In addition to flavonoids apples contain phenols. Phenols reduce "lousy" cholesterol and increase "healthy" cholesterol. Phenols prevent "lousy" cholesterol from becoming oxidized low-density lipoprotein (LDL); a very dangerous form of bad cholesterol that can be deadly.

Apples are also full of phytonutrients that prevent brain diseases such as Alzheimer's and Parkinsonism. Apples take on a new perspective when you consider that your brain makes you the person you are.

University of Nottingham research shows that people who eat 5 apples or more each week have fewer respiratory problems, including asthma.

Not only will apples keep the doctor away but they will also keep the dentist at bay! The juice of apples has properties that can kill up to 80% of the bacteria that is responsible for tooth decay.

Apples aid in the prevention of multiple cancers such as colon cancer, prostate cancer and breast cancer in women.

Do you want to have a clear complexion, metabolic balance, low blood pressure, improved digestion, and avoid constipation? Add apples to your meal plan.

Apples are the perfect snack or dessert! They taste great, come in many flavors and come in shades of reds, greens, and yellows.

When buying apples look for apples that are firm and well-colored. Avoid bruised, shriveled or soft apples.

Store apples in the refrigerator. They can be stored at room temperature but will soften faster. Don't store with green vegetables and salad greens because of ethylene gas that apples give off can damage the vegetables. Apples can last up to 6 weeks in your fridge.

Apple Nutrition Facts

(*One medium 2-½ inch apple, fresh, raw, with skin)

Calories	81	Calcium	10 mg
Carbohydrate	21 grams	Phosphorus	10 mg
Dietary fiber	4 grams	Iron	.25 mg
Soluble fiber		Sodium	0.00 mg
Insoluble fiber		Vitamin C	8 mg
		Vitamin A	73 IU
		Folate	4 mcg

Healthy Communities, Healthy People Program
Jackson County Health Department
P O Box 310
3045 4th Street
Marianna, FL 32447

Mary Beth Gurganus, LD/N
Phone: 850.526.2412 ext 282
Fax: 850.428.9564
Email: WellnessBuddy@doh.state.fl.us



Providing guidance and support to make the "healthy choice the easy choice!"