



HealthiestWeight

Morning Announcement

October 1, 2014

Food for Thought

Healthy Food of the Week

Apple

The apple is a fruit that practically everyone has eaten, and there are thousands of different varieties grown in the United States and worldwide. The oval shaped fruit has a peel that has varying colors from green, red or golden yellow and the fruit is grown on a medium-sized tree. Most apple varieties prefer to grow in a cooler climate than what Florida provides, so the apples we see in the grocery store are not grown locally. Fall is the apple's peak harvest season in northern areas of the United States.

You may have heard the saying, "an apple a day keeps the doctor away", and though it takes more than a daily apple to keep you healthy, there is scientific evidence that apples may prevent health problems connected to the risks that our bodies are exposed to each day. Apples contain vitamins A, B1, B2, C and niacin, and nutrients such as iron, potassium, phosphorus and magnesium. Apples are also high in fiber which helps reduce cholesterol and heart disease, as well as antioxidants which reduce the risk of cancer.

The apple is most nutritious when eaten with the peel which contains most of the fiber and antioxidants. With only 80 calories in the average apple it is a sensible, easy snack that satisfies your hunger longer. Unsweetened applesauce in addition to being healthy can be used as a fat free substitute when baking or cooking and used in place of oil, butter or shortening. Though the apple is a common fruit, it is uncommonly good for you!

Make 5-2-1-0 your goal every day.

- 5** - Fruits and vegetables a day (including the apple)
- 2** - Only 2 hours or less of screen time a day (TV, computers, video games)
- 1** - One hour of physical activity a day
- 0** - Sugar-sweetened drinks (drink more water and non-fat milk)

References:

1. www.freshfromflorida.com
2. <http://www.harvestofthemonth.cdph.ca.gov/>
3. www.virginiaapples.org/nutrition/index.html