

Keep the doctor away with... An Apple A Day

Red, green or golden, apples not only taste good but they're *good for you*, too. Apples are among the top sources of antioxidants and recent studies suggest that they just may help boost weight loss and reduce the risk of chronic diseases, including multiple forms of cancer, heart disease, asthma.

Fight Heart Disease

Cholesterol-lowering

Daily consumption of apples and apple juice may help reduce the damage caused by the "bad" type of cholesterol (LDL) and protect against heart disease. Source: *Journal of Medicinal Food*, 2000, 3: 159-165.

Decreased Mortality

Studies indicate that increased consumption of apples may contribute to a decrease in mortality from both coronary heart disease and cardiovascular disease. Source: *American Journal of Clinical Nutrition*, 2007, 85 (3): 895-909.

Breathe Easy Childhood Asthma

Children of mothers who eat apples during pregnancy appear to be less likely to exhibit symptoms of asthma, including wheezing, at age 5. Among a variety of foods consumed by the pregnant women in this study, apples were the only food found to have a positive association with a reduced risk of asthma. Source: *Thorax*, 2007, 62:745-746.

Chronic cough

A study from the National Institutes of Health (NIH) reports that apples may reduce chronic productive cough and other respiratory symptoms. Source: *Am. J. Respir. Crit. Care Med*, 2004, 170: 279-287.

Boost Weight Loss

Researchers found that overweight women who ate the equivalent of three apples or pears a day lost more weight on a low-calorie diet than women who didn't add fruit to their diet. Source: *Nutrition*, 2003, 19: 253-256.

Keep Cancer At Bay

Breast Cancer

Cornell University found that the more apples consumed, the greater the reduction in incidence or number of tumors. The apple consumption tested was equivalent to one to six apples a day for 24 weeks. Source: *J. Agric. Food Chem.*, 2005, 53: 2341-2343.

Pancreatic Cancer

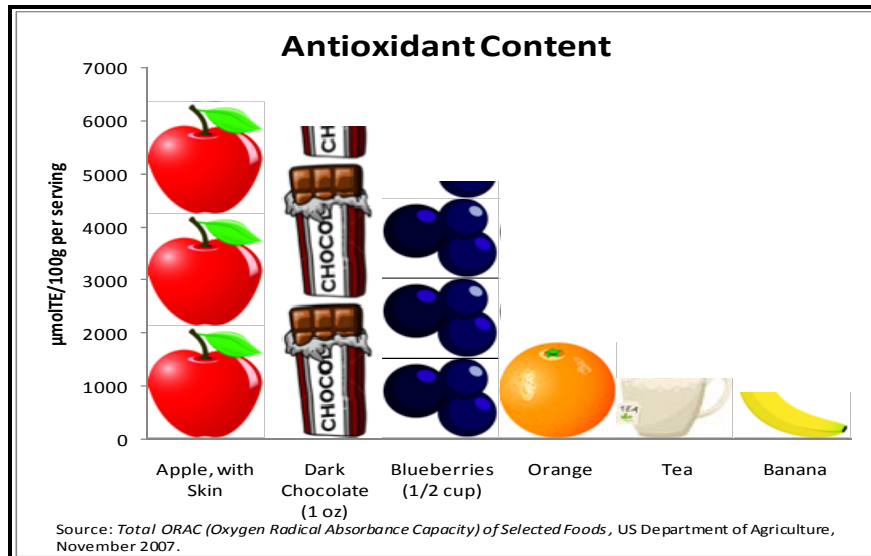
Overall risk for pancreatic cancer was reduced among the study participants who consumed foods like apples that are rich in the antioxidant quercetin. Source: *American Journal of Epidemiology*, 2007, 8: 924-931.

Colon and Liver Cancer

A group of phytochemicals that are found in abundance in apple peels appear to kill or inhibit the growth of at least three different types of human cancer cells: colon, breast and liver. Source: *Journal of Agricultural and Food Chemistry*, 2007, 55(11):4366 - 4370.

Prostate Cancer

Researchers at the Mayo Clinic report that antioxidants in apples may inhibit or prevent the growth of human prostate cancer cells by blocking activity of androgen hormones. Source: *Carcinogenesis*, 2001, 22: 409-414.



Protect Against Memory Loss

Multiple studies have found that the consumption of apple juice, in conjunction with a balanced diet, may protect against memory loss and neurodegenerative diseases such as Alzheimer's and Parkinson's. According to the research, just 2-3 cups of apple juice or 2-4 whole apples per day can have these protective effects. Sources: *J. of Alzheimer's Disease*, 2005, 8: 283-287; *J. on Nutrition, Health and Aging*, 2004, 8: 92-97; *J. of Food Science*, 2004, 69: S357-S360.

For more nutrition information and apple recipes visit the U.S. Apple Association at www.usapple.org.

