



News Release

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New Research Indicates Apples may help Extend Lifespan and Fight Cancer *Powerful Antioxidants Provide Truth to the Adage “An Apple a Day Keeps the Doctor Away”*

Vienna, VA - Long known for being an excellent source of fiber, two new research studies suggest that apples might be the key to extending your lifespan and helping fight cancer. Previous research has suggested that apples may prevent or reduce the risks of heart disease as well as improve cognition and memory. This new research adds to the ongoing list of reasons why you should enjoy an apple (or two) a day!

The first study investigated the effect of apple polyphenols (found in the apple’s peel and flesh)—an excellent source of dietary antioxidants—on the lifespan of fruit flies. Results indicated the average lifespan was extended by 10% in flies that were fed the apple polyphenols. In addition, they better preserved their ability to walk, climb and move about. Why? The researchers believe free radicals, or damaging substances generated in the body, cause undesirable changes thought to be involved in aging as well as development of some diseases. Antioxidants can combat this damage. Brightly colored foods—like apples—are excellent sources of antioxidants.



This study opens the door to future trials that will help to determine whether apples have the same impact on humans as they do in animals. The study appears in March 2, 2011 edition of the [*Journal of Agricultural and Food Chemistry*](#). In [*Science Daily*](#), the researchers noted that, “the results support those from other studies, including one in which women who often ate apples had a 13-22 percent decrease in the risk of heart disease, which adds to the apple’s popular cultural image as a healthy food.”

The second study, from the University of Melbourne’s School of Land and Environment reported in the magazine [*Australasian Science*](#), found that antioxidants from apple peels and concentrated tomato can possibly help reduce the growth of cervical and liver cancer cells. The researchers stated that they were able to reduce the growth of cancer cells by 85-98% in vitro (a study done in a controlled environment, such as in a test tube or Petri dish).

“Fruit has long been known for its health benefits, partly as a good source of antioxidants, the chemical compounds, including some vitamins, that protect body cells from damage,” says Dr. Said Ajlouni, lead researcher of the study.

March is [National Nutrition Month](#)® and this year’s theme is “Eat Right with Color.” The American Dietetic Association is encouraging consumers to choose a colorful array of fruits and vegetables—including apples, whether red, green, or yellow—which can help you keep your focus on healthful eating for disease prevention. For more information or to read about additional studies on the health benefits of apples and apple products, visit www.USApple.org.

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The U.S. Apple Association (USApple) is the national trade association representing all segments of the apple industry. Members include 40 state and regional apple associations representing the 7,500 apple growers throughout the country, as well as more than 400 individual firms involved in the apple business. USApple’s mission is to provide the means for all segments of the U.S. apple industry to join in appropriate collective efforts to profitably produce and market apples and apple products.

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