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An Apple A Day

Health Newsletter from the U.S. Apple Association

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Fall 2009

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Greetings!

We're back and we hope you are having a happy and healthy fall! This is my first edition as creator and editor of *An Apple a Day* health e-newsletter as the new Director, Consumer Health and Education for the U.S. Apple Association. Feel free to share it with friends and colleagues. In it you will find information on apples and apple products, current health and nutrition news effecting apples and apple products, and seasonal recipe ideas. Follow the links to read more about each article and all the reasons you should continue to eat U.S. apples and apple products.

For more information, be sure to visit our website at www.usapple.org. Also, be on the lookout for us soon on *FaceBook* and *Twitter*. Lastly, don't hesitate to email me your questions aparker@usapple.org. Is there something you would like to learn more about or see in the *An Apple a Day* newsletter? Just let me know at aparker@usapple.org.

Healthy Regards,
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Have a H-apple-y Halloween



The official fruit of Halloween – apples and apple products make the perfect feature food at any of your holiday celebrations. For Halloween apple ideas, read our news release published last week by clicking [here](#).

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Have a H-apple-y
Halloween and Holiday
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IOM Report Recommends Kids eat More Fruits and Vegetables



The nutrition and health of our school children is influenced by two national programs—the National School Lunch Program and the School Breakfast Program—which provide nutritionally balanced, low-cost meals to children each day. Current regulations that establish the nutritional standards of the meals served in schools are in need of some updating. The United States Department of Agriculture (USDA) has asked the Institute of Medicine (IOM) to provide

recommendations to revise those standards and requirements for both meal programs.

The IOM released its recommendations for the USDA this week. Their aim is to align school meals with the Dietary Guidelines for Americans and to improve the healthfulness of school meals. The main suggestions included:

- Increasing the amount and variety of fruits and vegetables and whole grains;
- Setting a minimum and maximum level of calories; and
- Increasing the focus on reducing the amounts of saturated fat and sodium provided.

How does this impact apples and apple products? Positively. The recommendations from IOM call for a specific requirement for fruits rather than lumping fruits with vegetables. The school lunch program has served over 219 billion lunches. If the IOM's recommendations are implemented, kids will be eating healthier meals that are consistent with the Dietary Guidelines for Americans, and that are rich in fruits and vegetables. This represents a great opportunity for the produce and apple industry to be even more proactive and encourage the schools to purchase more apples and apple products. For more information or to access the report visit [here](#).

Harvard Names 11 Cholesterol Cutting Foods: Apples are #7!



Harvard Medical School recently recommended 11 foods that help lower cholesterol and apples were number 7! Why? Apples are a rich source of pectin, also known as soluble fiber, which binds cholesterol and its precursors in the digestive system. Then it drags them out of the body before they can get into circulation. Interested in reading the article? Visit the Harvard website by clicking [here](#).

How else do apples help you maintain good cardiovascular health? In 2005, researchers at the University of California, Davis, found that

apples—from raw to juice—act as antioxidants against the damaging portion of cholesterol in the blood stream. The study showed that daily consumption of two apples or 12 ounces of apple juice reduced the “bad” low-density lipoproteins (LDL) in healthy men and women similar to the effect seen in studies conducted using tea and red wine.

Researchers and dietitians agree; apples and apple products should be consumed early on in the lifespan. Habits start early and too many people ignore the importance of a healthful diet as they age. Early adoption of healthful habits like eating one or two apples per day or drinking a glass or two of 100% apple juice or cider can help you live a healthier, better life.

Apples and Apple Products: the Flu's Secret Cure?



It's flu season. Did you know there are other ways to prevent getting the flu than the flu shot? While getting the flu shot is an important step and necessary for some, there are other important measures that are often forgotten when planning for and combating the

seasonal flue. A healthful diet – filled with fruits (especially apples), vegetables, and whole grains – are essential this flu season.

Apples and apple products contain phytochemicals which help boost your immune system. "Phyto" actually means plants, and the natural chemicals in plants give the vitamins in food a supercharged boost. One of the phytochemicals found in apples—quercetin—may help protect you against the flu.

Quercetin is a close chemical relative of resveratrol and present in a variety of fruits and vegetables including apples and apple products. It has been shown to have anti-viral properties in cell culture and some animal studies, but this is the first study to look at it's impact on the flu.

The study, published by The American Physiological Society, was done in mice, but the researchers suggest that if quercetin could provide a similar benefit for humans, it could have implications for the greater population as a whole. The results of the study indicated that quercetin had protective effects in the mice given it.

Furthermore, the study examined the effect of exhaustive exercise and supplementing quercetin to counteract the impact on the immune system. Studies have found that exhaustive, stressful exercising can negatively impact the immune system. In this study, rats exercised to exhaustion and then given quercetin were less likely to develop the flu than those not given the quercetin but exercised to exhaustion. Additional research is needed using humans and foods with quercetin to examine the impact on healthy and unhealthy populations.

Seasonal Apple Recipes to help you Spice up the Holidays



Enjoy the seasons with apples and apple products using our recipes below. Have a favorite apple recipe you'd like to share with the world? Let us know. Email me at aparker@usapple.org to share or for more information.

Appetizers:

[Savory Onion and Apple Tart](#)
[Smoky Apple Butternut Squash Soup](#)
[Apple Cheddar Pizza w/ Toasted Pecans](#)

Entrees:

[Apple-Cranberry Stuffed Pork Chops](#)
[Roasted Pork w/Quinces and Lady Apples](#)
[Apple, Chicken and Pecan Strudel](#)
[Cider Baked Chicken and Sausage](#)

Desserts:

[Apple Walnut Crostada](#)
[Apple Almond Tart](#)

To Drink:

[Maple Cider Punch](#)




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