



# An Apple A Day

A Quarterly Health Education Newsletter from the U.S. Apple Association

## RESEARCH NEWS

### Apples May Speed Weight Loss, Research Says

The apple of the famed old health adage may also help reduce the feminine pear shape more rapidly, according to new research from Brazil. Adding apples and pears to your daily diet may melt pounds away faster, per study findings recently published in *Nutrition*, the international journal of applied and basic nutritional sciences.

Researchers from the State University of Rio de Janeiro studying the impact of fruit intake on weight loss report that overweight women who ate just 300 grams of apples or pears – that's the equivalent of three small fruits a day – lost more weight on a low-calorie diet than women who didn't add fruit to their diet. In addition, the fruit eaters ate

fewer calories overall, boosting their weight loss efforts.

"Results indicated that overweight, [high cholesterol] women have important changes in their body weights and metabolic profiles by adding fruits to their diet," Maria Conceicao de Oliveira, R.D., Ph.D., and her colleagues wrote.

Researchers suggested several theories as to why apple and pear consumption may promote weight loss. First, fruits like apples and pears are "low energy-density" foods – that is, they have a relatively low calorie count compared to other non-fruit foods. Second, research has shown that eating a high-fiber diet (calorie intake being equal) promotes postmeal

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*U.S. apples are incredibly versatile, coming in many eye-appealing flavors.*



## RESEARCH NEWS

### Satisfy Your Snack Attack With Apples

Move over, Bessie: Americans have turned into a nation of grazers.

Well, not literally of course, but figuratively. We no longer sit down for three meals a day at the family table. Instead, we eat on the perpetual go, whether on the way to work, school, shopping, sports or the clubhouse.

Food trend watchers call this grazing. And according to new research from Information Resources, Chicago, Ill., we're grazing 4-6 times a day – in effect, snacking frequently rather than eating traditional meals. The study, released in April, found that 35 percent of Americans surveyed eat two or fewer "square" meals a day, and nearly half eat between meals. Only 42 percent reported they eat a well-balanced diet.

Our attitudes about meals have shifted dramatically, according to data collected by the NPD Group and reported last December by the Produce for Better Health Foundation (PBH). Only half of Americans participating in that survey agree it is important to eat full and regular meals, and nearly half reported that convenience is most important in making food choices.

#### Cause for Concern

Some nutritionists are concerned by recent eating trends, which have been accompanied by an alarming increase in obesity rates. According to 2000 data

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## For the Health Of a Child

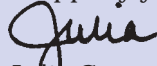
As our cover story on snacking reports, obesity among children is already staggering. Fat children tend to become fat adults, underscoring the importance of establishing healthy eating and exercise habits among our nation's children at an early age.

In the months ahead, Congress will consider legislation to reauthorize critical child nutrition programs, including the National School Lunch Program and the Special Supplemental Nutrition Program for Women, Infants and Children (WIC). The U.S. Apple Association (USApple) is working with other produce industry partners to encourage the federal government to do more to promote consumption of fruits and vegetables, including apples and processed apple products, and to educate our children and their families of the benefits of these foods, for their better health.

We look forward to working to improve Americans' health with delicious, nutritious, versatile U.S. apples.

We hope you enjoy this issue of *An Apple A Day*. I hope you'll contact me with story ideas or your questions, for future editions.

H-apple-y yours,



Julia Stewart Daly  
U.S. Apple Association

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## Graze on Apples, for Better Health

### SNACKING (from page 1)

from the Centers for Disease Control and Prevention (CDC), 64 percent of adults aged 20 or older, and 15 percent of children and teens aged 6-19 are overweight or obese.

PBH reports that our definition of a meal has changed considerably. The number of dishes in an average meal has declined — and the dish that is being dropped is the side dish.

*Read:* We've dropped the fruits and veggies from our plate.

Of particular concern, PBH says that families with kids have the worst habit of not getting enough fruits and vegetables.



### Learning from the Winners

What can we learn from those people who are reaching their "5 A Day" goal? According to the PBH research, "5 A Day" eaters tend to eat traditional meals, primarily prepared at home. They eat larger portions or produce, getting them to their "5 A Day" goal faster. And they eat their fruits and veggies as is, rather than as an ingredient in another dish. For example, 5 a Day achievers drink almost four times as much fruit juice as non-5 A Day eaters.

### Grazing For Better Health

The good news is that fruits

and vegetables are ideal for both traditional or modern eating habits, because they are easy to buy, are highly portable, and typically require no preparation. So, the phrase "get on your way to '5 A Day'" can take on a whole new meaning!

### Get On Your Way With Apples

Here are some easy ways to get on your way to your "5 A Day" goal with apples — whether you are in a hurry or not:

#### ■ Grab and go.

Apples are highly portable, so toss one in your lunchbox, backpack or brief case to eat later as breakfast, with lunch or as a snack. Mix things up by trying a different apple variety for each day of the week.

#### ■ Pick juice, instead.

Grab 100 percent apple juice or cider instead of soda. Six ounces of 100 percent juice counts as a fruit serving, and you'll load up on antioxidants in the process.

■ **Get saucy.** Pack a portable single-serving container of applesauce for an afternoon snack, and forego the trip to the vending machine. Look for tub and tube containers, and new fruit blends. A half-cup counts as a serving toward your "5 A Day" goal.

■ **Dish out the slices.** In a hurry at mealtime? Heat and serve prepared stewed apple slices for a side dish in a second. Here again, a half-cup counts as your fruit serving. ■

### FAQ

**Q**

My recipe calls for a "large" apple. What size do I buy?

**A**

The U.S. apple industry categorizes apples by their diameter, assigning a count denoting how many apples of that diameter will fit into a standard-sized shipping carton. For example, 88 3-1/4" diameter apples will fit into a carton, while 125 2-7/8" apples will fit into that same carton.

While there aren't official definitions for "small", "medium" or "large" apples, generally a "medium" apple is about the size of a tennis ball, roughly 5-1/2 ounces or 150 grams — that's a 113-count, 3" diameter apple.

Most of the apples sold individually at the market these days are "large" apples, 88-count or larger. Bagged apples are considered "small" apples, and is typically 163- to 198-count. ■

# Celebrate Spring With Deliciously Light Dishes

Spring has sprung! And everywhere thoughts turn to... bathing suit season just around the corner!

Looking to shed a couple of pounds between now and Memorial Day? Or, just want to lighten up your plate for spring? Here's a collection of delicious — and deliciously low-fat — apple recipes.

## Low-Fat Apple Waldorf Salad

- 1/3 C low-fat mayonnaise
- 1/3 C fat-free yogurt
- 2 medium salad apples, cored and cut into bite-sized chunks
- 1/2 fresh pineapple, peeled and cut into bite-sized chunks, OR one 15 ounce-can pineapple chunks packed in juice, drained
- 2 celery stalks, sliced (7-8" stalks)
- 3/4 C coarsely chopped walnuts, toasted
- 1/3 C golden raisins

To prepare dressing, in a medium bowl mix mayonnaise and yogurt until blended.

Add apples, pineapple, celery, walnuts and raisins. Stir ingredients until well mixed.

Makes 6 servings.

*Nutritional analysis (per serving): calories, 204; fat, 9 g; cholesterol, 4 mg; sodium, 117 mg; carbohydrates, 31 g; fiber, 4 g; protein, 3 g; percent calories from fat, 37%.*

*This low-fat version of the classic Waldorf salad is a crowd pleaser.*



## Glorious Fresh Fruit Salad

*Recipe provided by the New York Apple Association, on the Web at [www.nyapplecountry.com](http://www.nyapplecountry.com)*

### Salad:

- 2 thinly sliced unpeeled apples
- 1C seedless green or red grapes
- 1 sliced banana
- 1 can (16 ounce) pineapple chunks, drained
- 1C cantaloupe, cut up
- 1 kiwifruit, peeled and sliced

### Honey-Cream Dressing:

- 1/4 C low-fat sour cream or sour cream substitute
- 1 C low-fat small-curd cottage cheese, creamed
- 1 C low-fat vanilla yogurt
- 2 T honey
- 2 t lime juice

To make the dressing, combine sour cream, cottage cheese and yogurt. Mix well. Blend in honey and lime juice.

To make the salad, combine the first five fruits with a little of

the dressing; garnish with slices of kiwifruit. Serve remaining dressing separately.

Makes 6 servings.

*Nutritional analysis (per serving): calories, 230; fat, 2 g; cholesterol, 7 mg; sodium, 192 mg; fiber 3 g; percent calories from fat, 8%.*

## Saucy Sweet Cornbread

- 2/3 C applesauce
- 1 egg
- 3/4 t ground cinnamon
- 1 8-1/2 oz. pkg. corn muffin mix
- 1t pre-mixed cinnamon-sugar

Preheat oven to 350 degrees F.

In a medium bowl, mix together applesauce, egg and cinnamon. Fold in corn muffin mix. Pour into greased 8" x 8" pan. Sprinkle pre-mixed cinnamon-sugar on corn bread. Bake for 15 minutes. Serves 6.

*Nutritional analysis (per serving): calories, 183; fat, 5 g; cholesterol, 35 mg; sodium, 67 mg; carbohydrates, 32 g; fiber, 2 g; protein, 4 g; percent calories from fat, 23%.*

## Cider Baked Apples

- 6 firm tart apples, quartered, cored
- 1 C apple cider
- 1/2 C granola breakfast cereal
- 1/2 t cinnamon

Preheat oven to 350 degrees F.

Place apples in a 8"x8" casserole dish. Pour cider over apples and sprinkle lightly with cinnamon. Cover casserole and bake until apples are soft, approximately 20-30 minutes. Sprinkle cereal over the apples immediately before serving. Serves 6.

*Nutritional analysis (per serving): calories, 150; fat, 3 g; cholesterol, 0 mg; sodium, 4 mg; carbohydrates, 32 g; fiber, 5 g; protein, 2 g; percent calories from fat, 17%.*

## Apple Juice Spritzer

- 16 oz. apple juice
- 16 oz. seltzer water

Pour 4 ounces each of apple juice and seltzer water into four tall ice-filled glasses. Serves 4.

*Nutritional analysis (per serving): calories, 58; fat, 0 g; cholesterol, 0 mg; sodium, 28 mg; carbohydrates, 14 g; fiber, 0 g; protein, 0 g; percent calories from fat, 2%.*

# “5 A Day” Help for Parents

“Five a day, mom? No way!” Moms and dads alike know how difficult it can be to persuade children to eat more fruits and vegetables. Desperate parents have tried pleading, coercion and even bribery to get their children to eat their produce.

To the rescue: USApple’s “Gimme 5 Kids’ Tips” brochure.

Written with the help of 180 experts on childhood eating, “Kids Tips” offers nine tips to parents on how to get kids to eat more fruits and veggies.

The “experts”? None other than kids themselves! “Kids Tips” was developed based on input from fourth and fifth graders who participated in a pilot “5 A Day” nutrition education program in Georgia.

Here’s what these young experts had to say:

■ **Make more sound like less.** “5 A Day” doesn’t sound like a lot if you divide it up throughout the day. One at breakfast, one at lunch, one snack and two at dinner equals five!

Don’t forget, juices like 100 percent apple juice and cider count as a fruit serving.

■ **Bring out the cook in your kid.** Let kids shop, chop, make and bake fruits and vegetables for themselves. The more they help in the preparation, the more likely they are to eat it, too! Let kids pick out their own apples at the market, no preparation required!

■ **Serve ‘em raw rather than cooked.** Kids like crunchy munchies, like apples, carrots, broccoli, celery and cucumbers

among others.

■ **Dip it, dunk it.** Make eating more fun by combining fruits and veggies with dressings or dips. Look for low- or no-fat options at the grocery store. Apple slices are great dunkers!

■ **Lead by example.** If your kids see you eating plenty of fruits and vegetables, they’re more likely to as well.

■ **Start with known quantities – then make the unknown more familiar.** Serve one or two foods you know your kids will eat, along with one new item. Applesauce and apple slices are definitely favorites with kids! Try introducing new fruits and veggies outside the home – they are more likely to try something new at Grandma’s or a friend’s than at their home table.

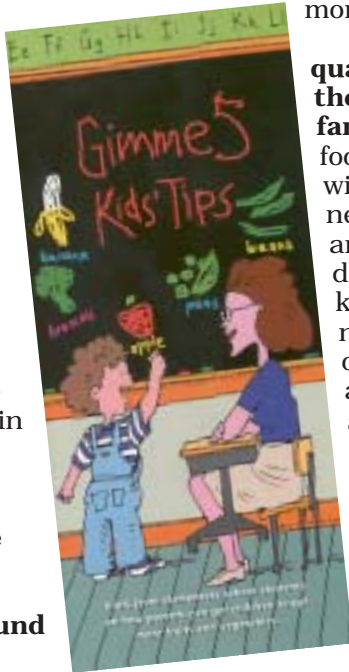
■ **Educate.** It’s never too early to teach kids about the importance of a healthy diet. Tell them eating fruits

and veggies will make them look and feel great!

## Order “Kids Tips” Today

To order quantities of this colorful, attractively-illustrated “Gimme 5 Kids’ Tips”, see the attached menu of materials, also available from the Educators section of USApple’s Web site, at [www.usapple.org](http://www.usapple.org).

To receive a free preview copy, send a self-addressed, stamped, business-sized envelope to: Kids’ Tips Free Sample Offer, Department AAAD, U.S. Apple Association, 8233 Old Courthouse Road, Suite 200, Vienna, Va. 22182-3816. ■



## Apples May Aid Weight Loss

### RESEARCH (from page 1)

“satiety”, meaning we feel fuller and for longer after eating a high-fiber meal. Apples and pears are both important sources of fiber, delivering 5 grams per medium-sized apple and 4 grams per medium-sized pear. Finally, research has also established that eating a high-fiber diet decreases total calorie intake, thus contributing to weight loss. In other words, eating a high-fruit diet tends to make it more difficult to overeat, because eating a lot of low-energy dense fruits like apples and pears crowds out other foods, reducing our total caloric intake.

“While several recent studies have suggested apples may provide a ‘whole body’ range of health benefits, this is the first published study to demonstrate that eating an apple before every meal can help increase weight loss,” said Nancy Foster, president of the U.S. Apple Association. “This has intriguing implications for those of us who are trying to lose a few pounds.”

“We are excited to see a published study that has established a connection between weight loss and daily intake of fresh pears,” said Kevin Moffitt, Pear Bureau Northwest president and chief executive officer. “We’ve long been saying that fresh pears are healthy, delicious and sweet, and now we have an additional tool to help us convey this message.” ■

*Citation: Nutrition 19: 253-256, 2003; online at [www.up-state.edu/nutrition\\_journal](http://www.up-state.edu/nutrition_journal).*



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