

An Apple A Day

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

EDUCATIONAL IDEAS

Apple Fun in the Summertime, Anytime

Don't usually think about apples during the summertime? Well, think again! While America's favorite fruit *is* traditionally associated with fall, U.S. apples and foods made from them are also a great addition to your summer menus.

In light of the latest news about the growing U.S. obesity epidemic, healthy eating is getting more and more attention – and deservedly so. The threat of bathing suit and shorts season also tends to get people thinking about shedding a few pounds and shaping up.

Delicious and nutritious apples and processed apple foods are a great addition to a healthier diet, during the summertime. New

research from the University of Rio de Janeiro suggests that apples may help aid weight loss; women eating a controlled diet who added three servings a day of apples or pears to that diet lost more weight than women on the diet alone. (See Issue 6 of *An Apple A Day* for more information on that study.)

Fresh-market apples are a cool and light addition to summer green or fruit salads, and add a delightful crunch when sliced onto sandwiches. Crispy apples also make a great addition to fruit salsas (see page 2 for a recipe).

100 percent apple juice or cider make refreshing summer beverages, whether served
See SUMMER, page 2

Don't think about apples much during the summertime? Think again! See page 2 for recipes for great summer dishes, including grilled chicken with crunchy apple salsa (pictured – see page 2 for this and more recipes).



RESEARCH NEWS

Hearts ♥ Apples, Apple Juice

While the health benefits of apples have been touted for centuries – the medieval physician's "bible," the Salerno Medical School's *Prescription for Health*, prescribed apples for ailments associated with the bowels, lungs and nervous system in 1100 A.D. – it has only been in recent years that modern science has begun documenting apples' health-promoting capabilities. One area of research that has gotten attention is apples' link to heart health.

Finnish researchers first reported on the potential relationship between apple consumption and heart health in 1996. Finnish epidemiologists concluded that high consumption of flavonoids from apples and onions was directly associated with the lowest risk for coronary mortality. This conclusion was based on their analysis of diet and health outcomes of a study of 5,133 Finnish men and women aged 30-69 who were initially free of heart disease when the study began in 1967. (Cite: *British Medical Journal*, 1996, 312: 478-481.)

Researchers at the University of California-Davis (UC-Davis) further explored the mechanism of heart health protection in "test tube" research published in 1999. They found that phytonutrients in apples and apple juice prevented oxidation *in vitro* of the "bad" (LDL) cholesterol, suggesting one way that apples might help protect against cardiovascular disease. They also confirmed that important phytonutrients from

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Cool Summer Apple Recipes

Don't think much about apples in the summertime? Think again! Apples and processed apple products like juice and sauce are perfect healthful additions to your summer meal plan. Try these delicious recipes today!

Apple Blossom Ice Cream Soda

2C 100% apple juice or cider
1 pint peach ice cream
Dry ginger ale

Pour 1/2 cup of apple juice in each of 4 tall glasses. Divide ice cream equally among glasses. Top glasses with ice-cold ginger ale. Stir gently to mix. Garnish with apple slices and serve immediately. Makes 4 servings.

Nutritional analysis (per serving): calories, 239; fat, 7 g; cholesterol, 43 g; sodium, 70 mg; fiber, 0 g; percent calories from fat, 28%. Hint: To further lighten this recipe, look for low-fat ice cream.

French Apple Yogurt

3C light canned sliced or diced apples, or light chunky applesauce
1t vanilla
2t brown sugar, if apples are tart
2C fat-free French vanilla yogurt
1/2t cinnamon

Put two cups of apples into blender with one cup yogurt, vanilla, cinnamon and sugar. Blend briefly. Stir in reserved apples and yogurt. Makes 1 quart.

Crunchy Apple Salsa with Grilled Chicken

Salsa:

2C salad apples, halved, cored and chopped
3/4C (1 large) Anaheim chile pepper, seeded and chopped
1/2C chopped onion
1/4C lime juice
salt and pepper, to taste

Marinade:

1/4C dry white wine
1/4C apple juice
1/2t grated lime peel
1/2t salt

dash pepper
4 medium boneless, skinless chicken breasts

Combine salsa ingredients and mix well; allow flavors to blend for about 30 minutes. Serve over or alongside grilled chicken. Makes 3 cups salsa.

For grilled chicken, combine marinade ingredients and pour over chicken breasts. Marinate for 20 to 30 minutes. Drain and grill over medium-hot coals, turning once, until chicken tests done.

Makes 4 servings.

Nutritional analysis (per serving): calories, 214; fat, 4 g; cholesterol, 66 mg; sodium, 334 mg; fiber, 2 g; percent calories from fat, 15%.

Apple Cinnamon Ice Cream Pie

1 9" deep-dish pie shell, baked according to package directions
1 pint frozen vanilla yogurt, softened
1C cinnamon-flavored applesauce
1C fat-free frozen dairy whipped topping, defrosted
1t apple pie spice(or substitute 1/2t cinnamon, and 1/4t each of nutmeg and cloves)
3T walnut pieces, toasted (optional)

Spoon softened frozen yogurt into cooled, baked pie shell, smoothing surface; freeze. Combine apple sauce, dairy topping and spice(s); spoon on top of frozen yogurt.

Optional: Sprinkle walnuts over top of applesauce mixture.

Freeze for several hours or overnight. Makes 6 to 8 servings.

Nutrition analysis (per serving): calories, 258; fat, 16 g; cholesterol, 33mg; sodium, 182 mg; fiber, 1 g; percent calories from fat, 56%. Hint: To further lighten this recipe, substitute fat-free frozen yogurt, and eliminate walnuts..

Juice, Sauce Ideal for Summer Fun

SUMMER (from page 1)

straight over ice or with a touch of seltzer, and are a great source of apple phytonutrients. Apple juice or cider also make great freezer pops that kids of all ages will love.

Applesauce is also a smart ingredient to add to your summer pantry. Chilled applesauce makes a cool complement to any dinner plate, and scores big points with cooks for its "no preparation required" factor.

Lighten up those summer brownies, cakes and muffins by substituting applesauce for the oil called for in their recipes. You can easily substitute half of the oil for naturally low-calorie, fat-free applesauce – and sometimes more.

Applesauce also makes a great base for summer barbecue sauces. Check out USApple's Summer Recipe Collection in the Consumer section of our Web site, www.usapple.org, for tasty summer barbecue recipes featuring applesauce.

Canned apple slices and dices are another great boon to the summertime kitchen. Microwave a small dish of slices, sprinkle on some low-fat granola and top with low-fat yogurt or ice cream for a simple summer dessert.

So eat your apples this summer – and feel good! ■



ApplesLinked to Heart Health

RESEARCH (from page 1)

apples are also found in apple juice. While both foods varied in the levels of phytonutrient concentrations, both inhibited oxidation of LDL cholesterol, which can lead to unwanted build-up of harmful plaque in arteries. (Cite: *Life Sciences*, 1999, 64: 1913-1920.)

The UC-Davis researchers later tested their *in vitro* findings in a human feeding study undertaken in 2000 and published in 2001. Adults who added only two apples or 12 ounces of apple juice to their daily diet saw increases in the “lag time” before LDL cholesterol in their bloodstream oxidized, an important marker for heart disease. (Oxidized cholesterol becomes “sticky”, increasing the potential for arterial build-up; if the time span can be lengthened before the LDL becomes oxidized, the body has longer to dispose of it first.) (Cite: *Journal of Medicinal Food*, 2000, 3: 159-165.)

So eat apples and apple products for better health – your heart may just thank you for it. ■

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RESOURCES

Meet the Wise Guys

Wise to the Ways of Apple Goodness

Looking for a fun way to introduce children to apples and their health benefits? Then meet Granny Smith, Dee Licious and Mack N. Tosh – the Apple Wise Guys. They're wise to the ways of apple goodness!

USApple's beloved cartoon characters are featured in a 12-page coloring book ideal for preschoolers up to third graders.

The Wise Guys lead children through goings-on in the orchard at different times of the year, and educate them about top apple varieties, foods made from apples, and the benefits of eating a healthy diet including apples. At the end of the book, each student receives a certificate

naming him or her an official member of the Apple Wise Guys!

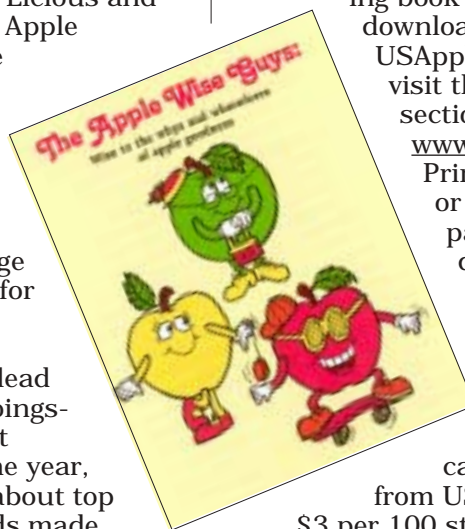
Artwork for the coloring book can now be downloaded for free from USApple's Web site; visit the Educator section at

www.usapple.org.

Print entire books, or copy single pages – you decide! Reprints are not limited.

Accompanying 1-7/8" stickers featuring Granny, Dee and Mack can be ordered

from USApple for only \$3 per 100 stickers. To order stickers, print out and complete the menu of educational materials found in the Web site's Educator section. ■



FAQ



What's the source for saying about “an apple a day”?



According to the *Random House Dictionary of Popular Proverbs and Sayings* (edited by G.Y. Titelman, 1996), the first recorded reference known is a delightful old Welsh proverb dating at least to 1866: *Ate and apfel afore gwain to bed/ Makes the doctor beg his bread.*

The more modern version, “An apple a day keeps the doctor away,” was coined by Missouri fruit specialist J.T. Stinson, in a speech he gave at the St. Louis Expo in 1904, according to renowned Ohio apple grower and industry historian Mitch Lynd.

Modern research is proving that old adage about apples' health benefits to be true. Recent studies have suggested apples may provide a “whole body” range of health benefits. For summaries of recent apple studies, visit the Educator section of USApple's Web site, www.usapple.org.

Sadly, according to U.S. Department of Agriculture data, Americans' consumption falls far short of the recommended “apple a day” – the average American eats about 16.2 pounds of fresh-market apples per year, and 29 pounds of processed apple products, for a total of 45.2 pounds of fresh and processed apples consumed per year. ■



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