

An Apple A Day

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

EDUCATIONAL IDEAS

Applause for Applesauce!

April is National Applesauce Month

April is the month when many Americans begin dieting and exercising in anticipation of summer fun, including bathing suit season. So spring into National Applesauce Month with a renewed focus on fitness with flavor!

Like fresh apples, applesauce has no fat, sodium or cholesterol, and its energy-boosting carbohydrates come from natural fruit sources. Spoon up a mere half-cup serving, and voila! You've just treated yourself to one of those five daily servings of fruits and vegetables recommended by the National Cancer Institute and the Produce for Better Health Foundation, sponsors of the "5 A Day - For Better Health" program.

Your tastebuds will thank you, and so will your waistline. A half-cup serving of natural-style applesauce has only about 60 calories, and no fat, cholesterol or

sodium.

Like fresh apples, applesauce is an ultimate convenience food, requiring little or no preparation. Pour it right out of the jar onto your dinner plate, or pack a portable applesauce cup in your lunchbag or briefcase. For a quick warm-me-up, heat applesauce in the microwave. For extra burst of flavor, look for applesauce blended with cinnamon or other tasty fruits, or make your own blends. For added fun, applesauce in new kid-friendly tubes is coming soon to a market near you.

Applesauce, the Low-Fat Baker's Friend

Psst... Want to cut fat from your baked goodies without sacrificing flavor? Just swap applesauce for some of the butter or oil in your favorite recipes. The

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RESEARCH UPDATE

Apples Linked to Reduced Asthma Risk

Quercetin Beats Vitamin C as Cancer Fighter

New research suggests that eating that proverbial "apple a day" may in fact provide a range of health benefits. So get on your way to "5 A Day" with nutritious, delicious apples and processed apple foods! Here's news on two most recent apple health studies.

Breathe Easier With Apples

Researchers from London's King's College and the University of Southampton reported in November 2001 that people who ate at least two apples per week had a 22-32 percent lower risk of developing asthma than people who ate fewer apples. Their conclusions were based on a population-based case-control study of 1,471 adults in the U.K. that sought to examine how dietary antioxidants might affect asthma risk and severity.

"We found that asthma was less common in adults who consumed more apples," said lead researcher Seif O. Shaheen, M.D. Exactly how apples might reduce asthma risk is not yet known.

Their findings were reported in the peer-reviewed *American Journal of Respiratory and Critical Care Medicine* (volume 164, number 10, November 2001, 1823-1828).

"This research adds to the growing body of science demonstrating that eating apples may improve health, including lung and heart health," said Dr. Dianne Hyson, a registered dietitian and

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We're All Abuzz!

Spring is upon us, and the excitement in the orchard is rising. By early May, apple trees across the country will be dressed in their flowery spring best. Soon, we'll be abuzz with honeybees, pollinating the blossoms that will form this fall's harvest of fruit. Meanwhile, growers are busy planting seedlings, tree training, fertilizing and scouting for pests.

We are pleased to bring you this edition of *An Apple A Day*, your source for research news, educational ideas and resources about apples and apple products.

This edition is chock full of news and information you can use in your work in the coming months. Got a newsletter? Consider reporting on the U.K. study on apples and asthma. Looking for an April nutrition promotion? Applesauce Month is tailor-made – and with shorts and bathing suits just ahead, this is a great time to promote healthy eating.

We also hope that you will forward this edition to your colleagues, and urge them to sign up for this free service. We appreciate your referrals!

To help us plan future editions, please send me your story ideas and questions, or your story of how you promoted nutrition and health using apples. We'd love to share your story!

H-apple-y yours,

Julia Daly
Julia Stewart Daly
U.S. Apple Association

If you received this from a friend, contact me to get your own free subscription! Here's how:



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Beverage Pyramid Aids Healthy Beverage Choices

“Soda,” “juice,” “fruit drink,” “ade,” “punch” – with so many choices of beverages now available, making a healthy choice can be confusing! Fortunately, now there's help from the “Healthy Beverages Pyramid.”

While many consumers are aware of the U.S. Department of Agriculture's (USDA) general nutrition guide, the Food Guide Pyramid, they generally do not know where *beverages* fit into a healthy diet. That is why the Healthy Beverages Pyramid was developed, to help select proper beverages for children.

What are the best beverage choices for kids, in addition to water? Several beverages fit within the Food Guide Pyramid, including fruit and vegetable juices, and milk.

For example, USDA guidelines state that a serving of 100% fruit juice can be substituted for whole fruits as part of the Fruit Group. So, drinking one serving – that's $\frac{3}{4}$ cup, or 6 ounces – of 100% apple juice can help kids meet the government's recommended 2-4 fruit servings per day, for better health. However, this is not always clear when looking at the USDA Food Guide Pyramid – and that's why the Healthy Beverages Pyramid was developed.

Where do all of the other beverages fit into the Pyramid? Beverages such as fruit “drinks” and “ades” contain less than 100% juice, therefore don't qualify as a fruit serving. They belong with other foods and sweets located at the very tip of the Pyramid, to be consumed sparingly. Likewise, soft drinks – which contain added sugars or sweeteners – are also placed at the tip of the Pyramid, to be

consumed sparingly.

“Most people have heard a lot about what children should be *eating* to stay healthy, but there is still some confusion surrounding what children should be *drinking*,” says the Processed Apples Institute's (PAI) registered dietitian Sue Taylor. “The Healthy Beverages Pyramid provides some much-needed guidance for making healthy beverage choices.”

Taylor points out that consumers can determine if a beverage is 100% juice by simply looking at the beverage's label. All beverages that contain juice (or imply that they contain juice) must declare the percentage of juice in an area close to the Nutrition Facts panel.

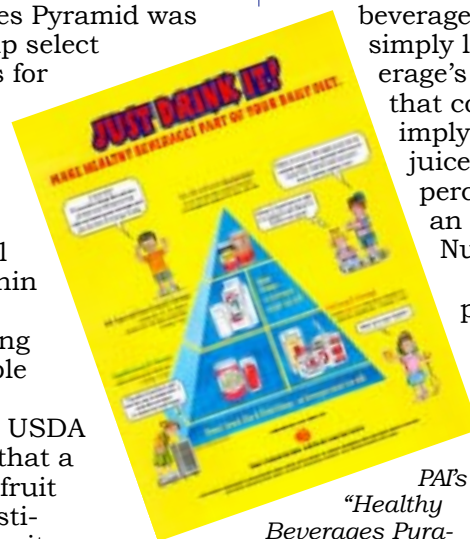
The name of the product as listed on the front of the container is also a clue — fruit beverages that contain less than 100% juice must include the term “drink,” “cocktail,” or “beverage” in the product name.

For example, a product called “fruit juice *drink*” will contain less than 100% juice.

On the other hand, a product labelled “apple *juice*” must be 100% apple juice made directly from apples or from apple juice concentrate that has water put back in it.

Taylor also notes that, according to USDA, as children age, they tend to turn away from 100% fruit juices in favor of fruit “drinks,” “ades” and other beverages devoid of nutrients and containing little or no juice.

To receive a complimentary copy of the Healthy Beverages Pyramid poster, visit PAI on the Web at www.appleproducts.org. Hurry, supplies are limited! ■



PAI's "Healthy Beverages Pyramid" is perfect for use in the classroom, school clinic, cafeteria or club room.

Celebrate Mom, The Apple Of Your Eye

Remind Mom just how special she is this Mother's Day, Sunday, May 23, with a special apple-themed Mother's Day celebration.

Mother's Day Card

Create photo cards that Mom will always treasure.

- Cut apples out of red, yellow and green construction paper.
- Write "Apple of My Eye" across the top of each apple.
- Have each child paste his/her photo on an apple; decorate with lace, ribbon, glitter or other frills.

Apple Potpourri

Give a gift that's sure to please this Mother's Day. Create a studded apple potpourri!

- Have children stud green apples with a smattering of whole cloves.
- To display, tie bright pink or red bows on to the apples' stems.

Apple Stationery

Mom will appreciate these custom-made note cards.

- Cut apples in half lengthwise.
- With different colors of tempera paint, make apple prints on storebought blank notecards.
- Add personal greetings or have the artist sign each print.

Mom will love "Gwen's Chicken Salad" – it provides more than one serving of produce, including yummy apples. Just don't forget to clean up for Mom afterwards!

Gwen's Chicken Salad

This recipe is so simple that even little ones can help out.

- 4 medium apples
- 1 medium apple, diced
- 1 lb. boneless chicken breast
- 1/2c diced celery
- 1/2c diced onion
- 1c fat-free mayonnaise
- 2 hard-boiled eggs



*This is an
official
5 A Day
recipe!*

Using a medium-size skillet or saucepan, bring two to three inches of water to a simmering boil. Add the chicken breasts, cover, and cook gently 15 to 20 minutes, until cooked through. Remove and set aside to cool.

Cut chicken into bite-size pieces. In a bowl, combine celery, onion and mayonnaise. Dice boiled eggs, and add with diced apple and chicken to salad mix.

Slice each apple lengthwise in half and carefully scoop out insides, leaving at least 1/2-inch thick shell. Scoop one-eighth of salad mix into each apple shell.

Makes 8 servings.

*Nutritional analysis per serving:
Calories, 145; fat, 4 g; cholesterol, 87 mg; sodium, 236 mg; fiber, 3 g; protein, 13 g.*



Q Should I peel my apples?

A No question here – whenever possible, leave that peel on! There are several good reasons not to peel your apples – namely, fiber and antioxidants. Two-thirds of an apple's five grams of fiber, and much of an apple's antioxidants, are found in the apple's skin. So for your better health, don't peel that apple!

Q Why do apples brown when cut?

A Apples brown in response to the "injury" of being cut. The degree of browning depends upon the variety's natural levels of polyphenol-oxidase (PPO) and vitamin C (aka ascorbic acid). The lower the level of PPO, or the higher the level of vitamin C, the less the variety browns.

Some apple varieties naturally resist browning, including Cameo, Cortland and Golden Delicious. Alternately, you can coat apple slices and dices with a solution of 50% water and 50% vitamin C-rich lemon juice to discourage browning – 100% apple juice with added vitamin C works well, too!

RESOURCES

Apples on the Web

We hope you've checked out USApple's Web site, www.usapple.org, for more information about apples. Here's a list of other top apple industry Web sites, brought to you by the leading industry state apple producer organizations.

WA: www.bestapples.com
 NY: www.nyapplecountry.com
 MI: www.michiganapples.com
 PA: www.paapples.org
 CA: www.calapple.org
 VA: www.virginiaapples.org
 OH: www.ohioapples.org
 VT: www.vermontapples.org

Sauce is Low-Fat Baker's Friend

SAUCE (from page 1)

result is a wonderfully moist, dense and healthier baked treat!

Tasty right out of the jar, applesauce also acts as a great fat substitute in baking. Because applesauce contains cellulose in the right quantity and formation, it acts as a moisture trap and stabilizer in many baked goods. And its flavor is subtle, so it won't cover up your recipe's flavors.

When substituting applesauce for the fat in your favorite recipe, begin substituting with gradual amounts. For example, if a recipe calls for 1 cup of oil, use ½ cup applesauce and ½ cup oil. Let the

end result determine the level of substitution possible for each recipe.

Substituting with applesauce dramatically reduces the fat content of your recipe. A cup of butter contains 180 grams of fat and about 1,600 calories, while a cup of applesauce has little or no fat and a mere 100 calories.

Use applesauce in place of fat in cakes, scones, brownies, muffins and breads. It is not recommended as a fat replacer in cookies or pie crusts, or other baked goods that must crisp.

So for your better health, hit the sauce – applesauce, that is! ■

"Apple A Day" Gaining Modern Research Proof

RESEARCH (from page 1)

nutrition researcher at the University of California-Davis.

Other recent studies have also suggested that we might breathe easier – literally – by eating apples or drinking apple juice, says Julia Daly, nutrition communications specialist with the U.S. Apple Association (USApple).

To date, preliminary research has linked apples with a range of lung health benefits, including better lung function, and reduced risk of respiratory disease and lung cancer. All of these studies point to apples' high flavonoid content as the potential health benefactor.

Cornell: Quercetin Beats Vitamin C As Cancer Fighter

Cornell University recently reported in a leading British medical journal that the apple phytonutrient quercetin has better cancer-fighting capability than vitamin C. The study appeared in the Jan. 12, 2002, issue of *The Lancet* (Vol. 359, No. 9301).

Reporting on the mechanism by which vitamin C inhibits the formation of cancerous tumors, Cornell professor C.Y. "Cy" Lee and colleagues noted in their report that quercetin, a phytonutrient found abundantly in apples, has even stronger anticancer activity than vitamin C, based on their unpublished data.

Dr. Lee and Cornell's Dr. Rui Hai Liu first reported on quercetin's cancer-fighting capabilities in 2000 in the high-profile U.S. journal *Nature*, stating that one apple packs more cancer-fighting antioxidant capability than a 1,500-milligram megadose of vitamin C.

See the Nutrition Ed section of www.usapple.org, USApple's Web site, for an updated listing of apple research summaries and cites. ■

Easy Applesauce Recipes

Check out our Web site for more recipes and food photography!

Easy Microwave Applesauce

6 cups sliced, peeled baking apples
1/4c water
1/3c sugar (adjust to taste — less if using sweeter apple varieties, more if using tart varieties)

Mix all ingredients in a 2-quart microwave safe baking dish. Cover and micro-cook on high power 6 to 8 minutes. Using a food processor or blender, process the cooked mixture to the desired consistency. For chunkier sauce, use a potato masher or pastry blender.

Optional: To make flavored applesauce, stir in ingredients of choice, such as 1/4t ground cinnamon or nutmeg, 1t grated lemon peel, 1t vanilla extract, and even red-hot cinnamon candies.

Nutritional analysis per serving of the basic recipe: Calories, 129 (3% from fat); fat, 0.5g; cholesterol, 0 mg; sodium, 1.6 mg; fiber, 3.5 g.



This is a 5 A Day program-approved recipe! It does not exceed minimum criteria for fat, saturated fat, cholesterol and sodium, and provides at least one serving of produce.

Applesauce Cranberry Bread

vegetable cooking spray
1-3/4c all-purpose flour
1t baking powder
1/4t baking soda
1/4t salt
1/2c sugar
1/2c finely grated carrots
1/2c applesauce
1/4c egg substitute
2T vegetable oil
1/3c dried cranberries

Lightly spray bottom of 8x4x2" loaf pan with vegetable cooking spray. In large bowl, sift flour, baking powder, baking soda and salt. In medium bowl, combine sugar, carrots, applesauce, egg substitute and vegetable oil. Combine applesauce mixture with flour mixture until moistened; fold in cranberries. Pour batter into loaf pan; bake at 350 degrees(F) for 45-50 minutes, or until toothpick inserted in center of loaf comes out clean. Cool loaf in pan for 10 minutes; remove from pan and cool completely on a wire rack. Wrap in aluminum foil and store overnight at room temperature before slicing into 16 portions.

Nutritional Analysis Per Serving: Calories, 104 (17% from fat); fat, 2.0 g; cholesterol, 0 mg; fiber, 0.8 g; sodium, 92 mg; fiber, 0.8 g; protein, 1.9 g.



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