

DEC Test Document v.1.0



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Virginia Apples

AN APPLE A DAY KEEPS THE DOCTOR AWAY

Nutrition Facts About Virginia Apples

The homespun wisdom about apples is proving itself true in the lab. Not only are apples low in calories and high in fiber, but nutritionists and scientists are finding that apples can prevent health problems or at least reduce health risks our bodies face everyday. It's their preventative and curative properties that are capturing the spotlight in numerous studies around the world. Some of the studies have found:

- Antioxidant phytonutrients in and apple juice help reduce cholesterol, especially LDL cholesterol (low-density lipoproteins or bad cholesterol), helping prevent cardiovascular disease.
- Antioxidant phytonutrients also help reduce the risk of heart disease á Phytonutrients in apples slow the growth of colon cancer and liver cancer in cells
- Phytonutrients in apples lower the risk of thrombotic stroke.
- Flavonoids, especially the flavonoid, quercetin, found in apples, appear to reduce the risk of lung cancer. Some studies suggest they cut the risk of lung cancer in half.
- Apples appear to improve lung function , in general, because they contain antioxidants.
- Apples help strengthen bones.
- People with diets high in flavonoids, such as those found in apples, are 20% less likely to develop cancer.
- Apples are high in fiber. About 80% of the fiber in apples is soluble fiber which reduces cholesterol. The remaining 20% is insoluble fiber which may help prevent cancers.
- Potassium, which is found in apples, is important in regulating blood pressure.

One Great Little Food

Mother Nature was at her creative best when she came up with apples. They've got it all: taste, looks, and nutritional aspects that just won't quit.

- Apples have no fat, cholesterol or sodium. Compare those stats to a bag of potato chips!
- An average apple contains only 80 calories. Compare that bottom line count to a piece of cake!
- Apples have five grams of fiber, 20% of the daily recommended fiber needs. That's more than most cereals!
- Apples contain vitamins A, B1, B2, C, and Niacin; plus nutrients, Phosphorous Magnesium, Iron and Potassium. Apples are their own health food store!
- Applesauce is a fat free substitute when cooking and can be used in place of oil or shortening. In addition to being health, applesauce makes baked goods taste moist.

- When eaten as a snack, apples suppress hunger longer than junk foods and empty calories they contain. Apples are a great choice when dieting and trying to stave off hunger.

APPLE AVAILABILITY DATES

Cameo

Honeycrisp

Idared

Jonagold

Nittany

Pink Lady®

Ginger Gold
August 14

Gala
August 24

Jonathan
Early September

Red Delicious
September 7

Golden Delicious
September 10

Granny Smith
Mid October

Rome Beauty
Early October

Stayman
Mid October

York Imperial
Early/mid October

Winesap
Mid October

Fuji
Late October

Empire
mid September