

# APPLES – THE FRUIT OF NUTRITION

Nutrition Tip

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Have you seen an apple tree before?



*Do you know apples are one of the most nutritious fruit?*

*Have you ever wondered why an apple a day keeps the doctor away?*

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# THE NUTRITION IN APPLES

Apples have the second highest level of antioxidant activity in comparison to other commonly consumed fruits

One of the major antioxidant in apples is QUERCETIN

Apples contain almost 4X the antioxidant content of brewed tea



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# APPLE IS GOOD FOR HEALTH

Apples have been shown to exert positive effects on several health conditions such as reducing the risk of

- *a range of cancers*
- *cardiovascular disease*
- *diabetes*
- *weight loss*



A fat-free snack that can potentially take the place of higher fat foods!

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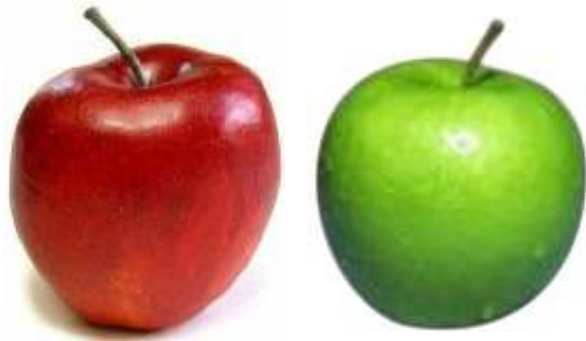
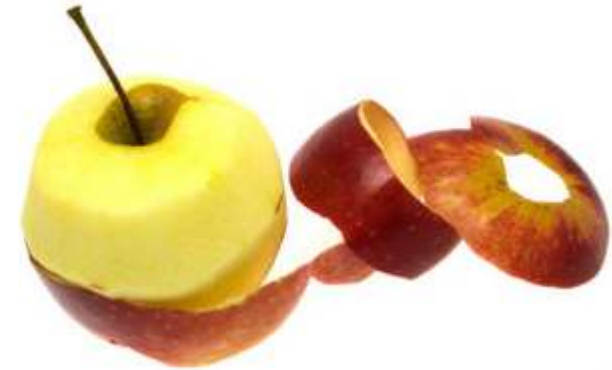
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# INTERESTING FACTS ABOUT APPLES

## Keep the apple skin!

Apple peels may have higher antioxidant activity than the apple flesh. Apple peels also have a higher fibre content than the flesh.



## Higher vitamin C!

Green apples have 14% higher vitamin C content

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# TRY THIS HI-FIBRE APPLE CRUMBLE!



## Ingredients:

2 apples, peeled cored and sliced, 1 cup rolled oats, 1 cup bran flakes, 1 tsp cinnamon, 2 tbsp sugar, 2 tbsp butter, a handful of walnut (optional)



## Method :

Preheat the oven to 190C/ 375 F. Peel and core the apples, cut into chunks. Cook the apples in a pan with water and a pinch of sugar (if desired) over a low heat for 5 minutes and place in a small oven proof dish. Place the flour, oats, bran flakes, sugar, cinnamon and walnut in a bowl and mix well. Mix the butter in with your fingertips until well mixed. Bake for about 20 minutes.

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