

# why an apple a day

We have all heard the saying “an apple a day keeps the doctor away”. Apples are rich in antioxidants, which help prevent many diseases, as well as containing a mineral called boron, which is important to keep bones strong and healthy. They also contain vitamins A, B1, B2, and C.

Apples are not only delicious; they are easy to carry, work as a natural mouth freshener and are an inexpensive fruit that is available all year round. Apples can suit just about everyone’s personal taste, with many varieties including those that are sweet, tart, soft and smooth, or crisp and crunchy. You just need to pick your favourite or try a new one each week!



Another benefit of having an apple each day is that they are low on the G.I meaning that the sugars (sorbitol) are released slowly. This helps maintain a steady blood sugar level and controls hunger.

Apples are also rich in fibre. Pectin, a soluble fibre found in apples can help to prevent cholesterol build up in the blood vessels, therefore helping to reduce the incidence of atherosclerosis and heart disease. The insoluble fibre found in apples provides bulk and aids digestion by holding water, which helps food to move quickly through the digestive system.

## Did you know?

It is best to eat apples with their skin on as almost half the vitamin C content is lying underneath the skin of an apple. In doing this we can also increase the insoluble fibre content in our diet. Not only does eating the skin provide you with these health benefits, but also a tastier apple, as an apple’s fragrance cells are concentrated in the skin and as they ripen the skin cells develop more flavour and aroma!

References: <http://www.fandvforme.com.au/appleindex.htm>  
<http://www.virginiaapples.org>

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