

# APPLES

## Fresh Fruit & Vegetable Program



### Nutrition Facts

Serving Size 1 medium apple (182g)

Calories	95	% Daily Value
Total Fat	0g	0%
Sodium	2mg	0%
Total Carbohydrate	25g	8%
Dietary Fiber	4g	17%

Protein 0g

### Health Benefits

- High in dietary fiber, may help decrease risk of heart disease by regulating blood fat levels.
- Eating the skin provides twice as much fiber and 45% more polyphenols — important for regulating blood sugar.
- Aids in satiety, or feeling of fullness.

### DIFFERENT USES

- Dipping apples into peanut butter is a great way to get extra protein.
- Make your own applesauce — smooth or chunky.
- Apples make great baked fruit desserts, such as breads, muffins, cobblers, and crisps.
- Great for on the go. Take for a snack or mealtime.
- Create an apple tasting bar to try many different varieties.

### FUN FACT

- About 2,500 known varieties of apples are grown in the U.S. More than 7,500 are grown worldwide.
- Minnesota variety of apples include Cortland, Fireside, Haralson, Honeycrisp, McIntosh, Regent
- Apples ripen six to ten times faster at room temperature than if they were refrigerated. Store between 35-40 degrees.
- Apples will float in water because they are 25% air.