

Apples are a Smart Nutrition Choice for Adults and Kids

We now know that there's a sound basis for the familiar "apple a day" rhyme. Take a look at the nutritional benefits of a medium size Apple.

Apple Nutrition Facts:

Apples are absolutely fat-free! Apples contain no sodium and no cholesterol, and taste great!

One apple provides as much dietary fiber as a bowl of bran cereal. That's equal to one fifth of the recommended daily intake of fiber.

Apples are loaded with pectin, a soluble fiber that aids digestion and may help reduce cancer and heart disease.

The complex carbohydrates in apples give your body a longer, more even energy boost compared to high-sugar snacks. Snacking on apples can keep you going throughout the day. With 21 total carbs in a medium size apple they are a healthy low carb snack.

Apples provide boron, an essential trace element that helps harden bones. Strong bones help prevent osteoporosis.

Apple Facts

- **It takes about 36 apples to create one gallon of apple cider.**
- **An apple tree will start bearing fruit 8-10 years after it is planted. A dwarf tree starts bearing in 3-6 years.**
- **Apples are a member of the rose family of plants along with pears, peaches, plums and cherries.**
- **2500 varieties of apples are grown in the United States.**
- **7500 varieties of apples are grown around the world.**
- **100 varieties of apples are commercially grown in the United States.**
- **A medium apple has about 80 calories.**
- **The science of apple growing is called pomology.**
- **Most apples are still picked by hand in the fall.**
- **25 percent of an apple's volume is air, that's why they float.**
- **Most apple blossoms are pink when they open but gradually fade to white.**
- **Most apple trees can be grown farther north than most other fruits because they blossom late in spring, minimizing frost damage.**
- **It takes the energy from 50 leaves to produce one apple.**
- **Archeologists have found evidence that humans have been enjoying apples since 6500 BC.**
- **A peck of apples weight 10.5 pounds.**
- **A bushel of apples weight 42 pounds and will yield 20-24 quarts of applesauce.**
- **Apples ripen or soften ten times faster at room temperature than if they were refrigerated.**

