

October 2014

An Apple a Day...

With over 2,500 varieties in the United States, apples are a great way to spice up your fall menus. Apples are a low calorie snack filled with many nutrients, including fiber (especially in the skin) and Vitamin C. Not only does fiber help with digestion, it also lowers your risk of heart disease and clogged arteries. Vitamin C helps to keep your immune system functioning properly. Apples can be a great (healthy) addition to every meal!

Did you know?

- Apples range in all shades of red, green, and yellow.
- Apples have no fat, cholesterol, or sodium.
- Apples are in season from late summer to mid fall.



Healthy Tip: Try dipping apples in peanut butter for a deliciously satisfying afternoon snack!