

## ***APPLES: A Nutritious Snack***

Apples are nutritious and delicious. Here are some important facts to remember when choosing a snack.

1. A medium size apple has only 80 calories.
2. Apples contain no fat. This helps reduce the risk of cancer
3. Apples contain very little sodium which reduces the risk of high blood pressure and heart disease.
4. Apples are also cholesterol free.
5. Apples are a good source of Vitamin A which benefits vision and bone and tooth development.
6. Apples contain natural sugars called fructose.
7. Apples have pectin and other fibers which reduce cholesterol levels and aid in digestion.
8. Apples are a good source of complex carbohydrates which scientists believe may lower the risk of cancer, heart disease and diabetes.
9. Apples contain potassium which may help keep blood pressure down.
10. Apples contain the mineral boron which helps the body use calcium.
11. Apples come in many varieties, each with their own special taste and texture. There are bound to be several that make your mouth water!