

**Special points of interest:**

- An apple a day really does keep the doctor away!
- Enjoy a great Apple-Pear Salad!
- Learn fun facts about apples!

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# Nutrition Notables

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## National Apple Month

Fall is here and so are the wonderful apples. So it's no surprise that September is National Apple Month.

While many states have the apple blossom as their state flower (Arkansas, Michigan), have it as their state fruit (RI, NY, WA, WV) and grow apples (Washington State grows the most), the only apple native to the US is the crab apple. And for anyone who has ever tried to eat them, you know why they are called crab apples. The sour taste will certainly make you crabby.

The apples we typically eat have actually been enjoyed by people since at least 6,500 BC. They are thought

to have originated in the area between the Caspian and the Black Seas. Apples were enjoyed by the Romans and Egyptians, who introduced apples to the British. European settlers then brought apple seeds to New York in the 1600's.

Thousands of varieties of apples were grown in the United States in the early 1900's. Now only 12% of those varieties still exist.

Apples come in a size and flavor for just about everyone. They can be as small as just larger than a cherry to as large as a grapefruit. They can have hints of tastes, such as pears, citrus, cinnamon, cloves, coconut, strawberries, grapes and pineapples.

Wonder why such a popular fruit as an apple isn't grown in South Carolina? Well, there's a reason for it. Apples are grown mainly in colder climates due to the apple trees need to "rest". In order of the trees to flower and produce fruit properly, they need about 900-1000 hours below 45 degrees Fahrenheit each year.

Apples are also grown in



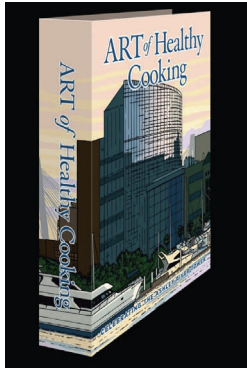
### Enjoy an Apple a Day to Keep the

orchards for a reason. Apples can not self pollinate. So you need at least two trees together to have them produce apples.

Ever wonder why you can bob for apples? Apples float because 25 percent of their volume is air. This also makes them a low calorie treat. One medium apple has only 95 calories and 4 grams of fiber. So apples are nature's 100 calorie snack pack!

Apples are typically harvested August through October. So now's a perfect time to enjoy some fresh apples!





Enjoy a recipe from MUSC's own ART of Healthy Cooking!

*"An apple a day keeps the doctor away."* - Anonymous Author



Enjoy an Apple Daily for Great Health Benefits!

## Recipe Box—Apple –Pear Salad

### Salad

1 (16 oz. ) pkg. romaine lettuce—prewashed  
6 oz. low fat Swiss Cheese—shredded  
3/4 cup roasted salted cashews  
1/2 cup sweetened dried cranberries  
1 large apple—thinly sliced  
1 large pear—thinly sliced  
Lemon-Poppy Seed Dressing (see below)

Mix all salad ingredients. Toss with salad dressing and serve

at room temperature. Serves 8.

### Lemon-Poppy Seed Dressing

2/3 cup light olive oil  
1/2 cup sugar  
1/3 cup lemon juice  
1 1/2 tablespoon poppy seeds  
2 teaspoon onions—finely chopped  
1 teaspoon Dijon mustard  
1/2 teaspoon salt (or less)  
Process olive oil, sugar, lemon juice, poppy seeds, onions, Dijon mustard, and

salt in blender until smooth to make dressing. The salad dressing can be stored in an airtight container in the refrigerator up to 1 week.

Nutrition Facts per serving:  
381 Calories, 27g fat, 5g saturated fat, 30g carbohydrates, 9g protein, 4g fiber, 8mg cholesterol, 303mg sodium

Interested in more tasty heart healthy recipes and supporting 3 non-profit programs at MUSC? Order the ART of Healthy Cooking today: <http://etl2.musc.edu/president/cookbook.html>

## Food for Thought—Do Apples Really Keep You Healthy?

Many of us have heard the old adage of “an apple a day keeps the doctor away.” But is there any truth to that? There may be. Plenty of research is showing lots of health benefits to apples.

First off, eating more apples can reduce your risk of lung cancer, prostate cancer, and colon cancer. A Finish study found that eating an apple a day in particular reduced the risk of lung cancer.

Next, it may help reduce your risk of Alzheimer’s Disease.

Studies show that eating an apple a day can reduce your chances of getting high blood pressure by 37%. If you already have high blood pressure, eating apples may also reduce your blood pressure levels and risk of

stroke.

The soluble fibers in apples can also help reduce plaque buildup in your arteries and therefore, your risk of atherosclerosis and heart disease. To reap these benefits, eat two apples a day or drink 12 ounces of apple juice.

This fiber and some of the acids in the apples, can also improve your digestion and bowel function. So try eating an apple after a heavy meal instead of taking ant-acid.

Apples can also be good for your bones and teeth. Apples contain calcium to help strengthen them.

If you have asthma, you have another reason to eat apples. Studies show that eat-

ing at least 5 apples per week can make you less prone to being affected by your asthma.

Finally, as if all those weren’t good enough reasons to eat apples, there’s one more. Apples can help you lose weight. Eating just 3 apples a day can help you lose weight quickly. It does this by helping you to feel fuller and eat less of other foods. Keep in mind that most fruits and vegetables will provide the same weight benefits too for the same reasons.

Who knew that something so tasty could be so wonderfully healthy? The person who originally say that old adage obviously did. So enjoy this season’s bounty and with it good health!