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NUTRITION AND YOU...APPLES

FOOD FOR THOUGHT

Apples are a member of the rose family, and are grown in 7500 varieties throughout the world. Apples can be eaten raw, cooked into applesauce and jellies, added to sweet and savory salads, made into juice, cider and vinegar, and baked into pies, cobblers, and other desserts. Some apple varieties are best for eating fresh, some for cooking and baking, while others are versatile enough to be used for more than one purpose. Apples are delicious, easy to carry for snacking, low in calories, a natural mouth freshener, and they are inexpensive.

KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food
- Wash apples under running water before eating or cutting them. Keep foods that will be eaten raw (like apples) separate from raw meat, poultry or seafood
- Cut away damaged or bruised areas. Throw out apples that look spoiled



Note: 1 medium apple provides 1 cup of your daily fruit requirement.

SHOP SMART

In Ohio, locally grown apples are available late August through October. Choose firm apples without bruises, cuts, holes or damaged skin. Store apples in a plastic bag in the refrigerator.

EAT HEALTHY

Apples are:

- A good source of Vitamin C
- A good source of dietary fiber
- Fat, cholesterol, and sodium free
- Low in calories

Your Local Story here:

18 pt Arial Bold Headline

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

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RECIPE

Apple Salad.

Ingredients:

- 2 cups diced apples
- 1 cup diced celery
- ½ cup raisins
- ½ cup walnuts (if you like)
- 2 tablespoons dressing or light mayonnaise
- 1 tablespoon orange juice

Instructions:

1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, raisins and nuts with the dressing mixture.

Nutrition Facts – Apple Salad

Cost: Per Recipe: \$ 2.06

Per Serving: \$ 0.26

Serving Size: ½ cup (1/8 of recipe)

Calories: 110

Calories from Fat: 50

Per Serving	% Daily Value*
Total Fat – 6 g	9%
Saturated Fat – 0.5 g	3%
Dietary Fiber – 2 g	8%
Sodium – 45 mg	2%
Sugars – 11 g	
Protein – 2 g	

*Percent daily value
Based on a 2,000
calorie diet. Your
daily values may
be higher or lower
depending on your
caloric needs.

FOCUS ON FITNESS

- When working on the computer or on homework, take a break and do some basic exercises such as stretching and sit-ups
- Try to get at least 30 minutes of exercise every day. This can be divided into smaller segments such as three 10-minute sessions



REFERENCES

- United States Department of Agriculture, choosemyplate.gov
- The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992
- The Recipe Finder. SNAP-Ed Connection, recipefinder.nal.usda.gov

REMEMBER:

Don't peel your apple. Two-thirds of the fiber and many antioxidants are found in the peel. Antioxidants help to reduce damage to cells, which can trigger some diseases.

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