



Apples and Nutrition

Apples are an easy way to eat more fruits and vegetables each day.

1. **Apples come in many varieties** - Apples come in a range of interesting flavors, offering a variety not available in most other fruits and vegetables.
2. **Apples are convenient** - One of Mother Nature's original fast foods, they can be eaten fresh, or processed as sauce, juice and slices.
3. **Apples are nutritious** - Apples are a very good fruit for building healthy bodies.

A medium-sized (154-gram) apple:

- **Contains no saturated fat** - helps reduce risk of cancer.
- **Contains no sodium** - helps reduce risk of high blood pressure.
- **Is an excellent source of fiber** - helps reduce cholesterol and may help prevent certain types of cancer.
- **Has only 80 calories.**
- **Contains no cholesterol.**
- **Contains no artificial colors or flavors.**