An Apple a Day

Fall is in the air which means that apples are in season. We have all heard the saying, “An apple a day, keeps the doctor away.” Do you know why? Apples are:

- Delicious
- Easy to carry for snacking
- Low in calories (about 80 calories per tennis ball sized apple)
- Very inexpensive.

Did you know?

- Apples have 4 grams of fiber, including both soluble and insoluble fiber.
  - Soluble fiber helps to prevent cholesterol buildup in the lining of blood vessel walls, thus reducing the incident of atherosclerosis and heart disease.
  - Insoluble fiber in apples provides bulk in the intestinal tract, holding water to cleanse and move food quickly through the digestive system.
- It is best to eat apples with their skin. Almost half of the vitamin C content is just underneath the skin and eating the skin also increases insoluble fiber content.
- There are more than 7,500 varieties of apples worldwide.
- Apple varieties have different qualities (sweet, tart, soft and smooth or crisp and crunchy), depending on the one you choose.
  - Jonathans are tart, great for baking or eating.
  - Honeycrisps are sweet, crisp, and delicious for eating.
  - Galas are sweet, good for, eating, or salads.
  - Granny Smith apples are tart and great for baking.
Afternoon Apple Snack

2 Red Delicious apples
Lemon juice
1/2 cup chunky peanut butter
2 tablespoons honey
1/2 teaspoon cinnamon
6 whole graham crackers

1. Core apples and cut each in half; cut each half into 3 wedges to make a total of 12 wedges.
2. Dip wedges in lemon juice to prevent browning and place in a single layer on microwave-safe plate.
3. Cover loosely with waxed paper and microwave on high (100%) for 3 1/2 to 4 minutes or until apples are tender and hold their shape. (If microwave does not have carousel, rotate dish halfway through cooking.)
4. Drain apples on paper towels.
5. In small bowl, combine peanut butter, honey, and cinnamon.
6. Snap graham crackers in half to make 12 square crackers.
7. Spread a layer of peanut butter mixture on each of six square crackers; top each with 2 apple wedges. Top with remaining graham cracker squares to make sandwich snacks.

Sources: https://livehealthyosu.com/tag/apples/; http://bestapples.com/eat-more-apples/recipes/ retrieved 09/30/16

For information about FREE Eat Smart Idaho Classes, contact the Nutrition Advisor In Your County:

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This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho’s toll-free number. The University of Idaho is an equal opportunity/affirmative action employer, provider and educational institution.