

# SENIOR NUTRITION NEWS

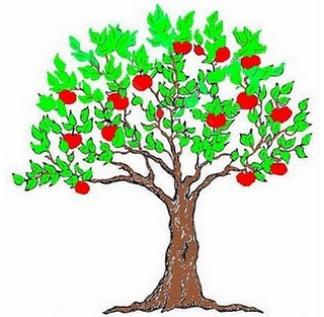
October 2019

*Eat Smart Idaho*

## 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 09/30/19

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

Benewah	245-2422	Bonner	263-8511
Boundary	267-3235	Clearwater	476-4434
Idaho	983-2667	Kootenai	446-1680
Latah	883-7161	Lewis	937-2311
Nez Perce	799-3096	Shoshone	446-1680



Kali Gardiner, R.D., ESI Coordinator  
E-mail – [kalig@uidaho.edu](mailto:kalig@uidaho.edu)  
Phone: 208-446-1680

Shelly Johnson, M.S., ESI Administrator  
Email— [sjohnson@uidaho.edu](mailto:sjohnson@uidaho.edu)  
Web: [www.eatsmartidaho.org](http://www.eatsmartidaho.org)

This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.