



Top Ten Reasons to Eat an Apple a day

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1. **Apples are high in fiber:** Apples are a source of both soluble and insoluble fiber. Soluble fiber such as pectin actually helps to prevent cholesterol buildup in the lining of blood vessel walls, thus reducing the incident of atherosclerosis and heart disease. The insoluble fiber in apples provides bulk in the intestinal tract, holding water to cleanse and move food quickly through the digestive system.
2. **Apples contain pectin:** Pectin is a high-fiber carbohydrate which occurs naturally in the cell walls of many fruits and vegetables. It has the unique ability to bind itself to toxic heavy metals such as lead, mercury, cadmium, barium, strontium and arsenic – and carry them out of the body. Pectin rich foods also have many other health benefits such as lowering cholesterol, keeps the digestive tract tone, creates a feeling of fullness which can help in weight loss, absorbs glucose which helps control blood sugar levels, and helps in the prevention of heart disease and stroke.
3. **Apples are heart healthy:** Research confirms that the antioxidant phytonutrients found in apples help fight the damaging effects of LDL (bad) cholesterol.
4. **Apples are cancer fighting:** An apple a day strengthens lung function and can lower the incidence of lung cancer, as well.
5. **Apples improve digestion:** Just one apple provides as much dietary fiber as a serving of bran cereal. (That's about one-fifth of the recommended daily intake of fiber.)
6. **Apples help with weight loss:** At around 80 calories, apples are the perfect, portable snack. They are great tasting, filling, energy-boosting, and free of fat.
7. **Apples keep bones strong:** Apples contain the essential trace element, boron, which has been shown to strengthen bones - a good defense against osteoporosis.
8. **Variety:** It's not just a choice between green or red. There are many varieties including Fuji, Gala, Ginger Gold, Golden Delicious, Granny Smith, Winesap, York, Stayman, Rome and more.
9. **Apples keep you young:** Antioxidant phytonutrients slow the aging process.
10. **Apples contain Quercetin:** Quercetin belongs to a group of plant pigment flavonoids that serve as a building block for other members of the flavonoid family. It combats the destructive "free radical" molecules that play a part in many diseases.