

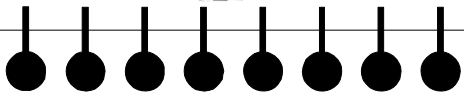
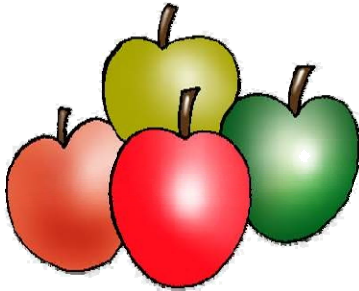


ANY WAY YOU SLICE IT -- APPLES



Apples are the perfect, portable snack. They taste great and are a delicious way to get some fiber, vitamin C, potassium and beta carotene, as well as other helpful nutrients. While it takes more than just an apple a day to keep you healthy, enjoying an apple every day is a great way to start!

No chance to brush? A crisp, raw apple will help clean your teeth.



Did You Know?

- The Latin word for apple is *pome*. The science of apple growing is known as pomology.
- Most Americans enjoy eating apples: each person eats about 120 apples per year.
- There are 7,500 varieties of apples grown all over the world, 2,500 varieties in the U.S. alone. However, only about 20 varieties ever reach the supermarket.
- A few of America's favorite apples include the Red Delicious, Fuji, Golden Delicious, Gala, Granny Smith, Braeburn, Cameo and Honeycrisp.
- Keep apples refrigerated so they'll stay crisp and fresh and delicious to enjoy anytime!

INSTANT APPLESAUCE

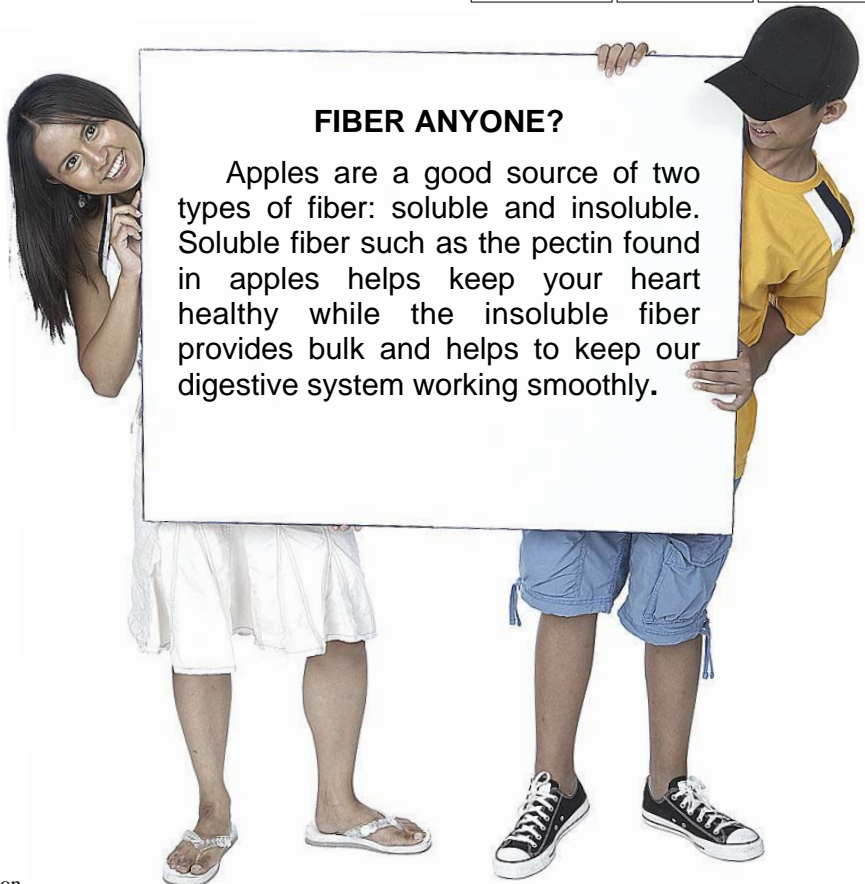
Wash, core, and cut up an apple into several pieces. Sprinkle with cinnamon. Cover and zap in the microwave for five minutes.

APPLE SUNDAE

Wash and core an apple, sprinkle it with cinnamon, microwave it (covered) for 4 minutes, spoon on frozen yogurt and you've got a hot and cool, totally delicious snack or dessert.

FIBER ANYONE?

Apples are a good source of two types of fiber: soluble and insoluble. Soluble fiber such as the pectin found in apples helps keep your heart healthy while the insoluble fiber provides bulk and helps to keep our digestive system working smoothly.



For more information contact:
Mary Wilson, MS, RD
702-257-5507
www.unce.unr.edu

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