

THE HEALTH AND NUTRITION STORY OF APPLES

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Apples provide bulk in the diet for the proper functioning of the body's digestive and regulatory systems. Pectin and hemicellulose and the acid-base ratio contribute to this. Pectin and mild acids help fight body toxins, aid digestion and pep up the whole body system. Apples are rich in pectin. Pectin too has been associated with helping to keep cholesterol levels in balance and in this relationship is felt to be significant in helping to reduce the incidence of certain types of heart disease. The high potassium...low sodium ratio in apples is also important in certain cardiac and renal problems as well as in diet for overweight persons.

Studies have shown that persons eating apples regularly have fewer headaches and other illnesses associated with nervous tension. Other studies have demonstrated an association of regular apple consumption with a reduced incidence of colds and other upper respiratory ailments. While much research remains to be done to determine precisely why apples are so healthful, the age-old adage, "An Apple A Day...", is being more and more clearly substantiated.

Apples are the "Smile Fruit" and "Nature's Toothbrush". The mild fibrous texture of the apple and its non-adherent nature; its juice content; its flavorful, mouth-watering appeal to accelerate salivary action all combine to make it a wonderful natural aid for cleansing the teeth and mouth of other more adherent-type foods and forgiving the teeth and mouth a fresh, clean feeling. Chewing an apple exercises the gums and teeth and facial muscles, too. Studies have shown markedly fewer dental caries, particularly during the six to sixteen caries prone age, when apples are eaten regularly in lieu of excessive amounts of candies and pastries and soft drinks which may leave harmful residues on the teeth for long periods of time.

Dental educational authorities stress the importance of thorough brushing and flossing at least once each day to control plaque buildup on the teeth, but they also encourage apples for snacks and for ending the meal... for better dental health and for better nutrition.

Studies have shown that apple juice for infants, because of its mild nature and low acid content is less irritating than fruit juices of higher acid content, and more readily accepted and digested by infants, and causes less colic and rash-related disorders.

Apples contain modest amounts of nearly all of the most important nutrients and because of their universal flavor appeal, versatility and convenience for use, and near year 'round availability, nutritionists and dietitians rate them high on any list for eating right and staying fit. They are good for your teeth, your stomach, your skin and complexion, your nerves, your smile, your overall good health. That's why we say, Apples are good - and good for you.

