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Apple fruit health benefits pdf file free pdf

You've heard it a zillion times: "An apple a day keeps the doctor away." Turns out there's more truth to that than you might think. Studies show apples have powerful health benefits, particularly when it comes to fighting chronic diseases that kill millions of people each year. Here's a short list of how eating more apples can help keep you healthy, along with some apple-licious ways to add them to your meals.

95 calories0 g protein0 g fat25 g carbohydrates4 g fiber8 mg vitamin C98 IU vitamin A195 mg potassium Apples are high in water content (they're 85 percent water) and rich in fiber (a medium apple contains 4 grams, or about 16 percent of your daily value), two things you need to feel full. Apples have one other feel-full benefit: They take time to eat. Foods you can gobble down quickly tend to leave you hungry, so you end up eating more. Apples also have a low glycemic index, which means your blood sugar levels don't spike when you eat them. So while a rosy Red Delicious or sunny Honeycrisp might taste amazingly sweet, your body is able to process the sugar in a manageable way. And because apples are both sweet and filling, snacking on an apple can be a smart way to respond to cravings. Just be sure to eat the whole fruit, peel and all. The fiber will help keep you satisfied.

Apple Cinnamon Quinoa Bowl Pictured Recipe: **Apple-Cinnamon Quinoa Bowl** Multiple studies show apples are good for your ticker in multiple ways. Their high fiber content has been shown to help improve cholesterol levels (lowering bad LDL cholesterol and increasing good HDL cholesterol). A new small clinical trial found subjects who ate 2 apples a day for 8 weeks had significantly lower LDL cholesterol levels than those who didn't eat the fruit. The researchers cite apples' fiber, but also polyphenols you benefit from whole fruit's nutrients working together. A review of data published by Florida State University also found that people who ate whole fruits-including apples-were less likely to develop high pressure. And the women's health study showed that women who ate apples during the seven-year study period had a reduced risk of 22 % of heart disease. Finally, a Dutch study discovered that eating apples and pears was associated with a 52 % lower risk of strokes for their high fiber and a flavonoid called Quercetin. Related: recipe in the photo of the healthy apple of heart: **Apple Spice Muffins** a group of four big studies presented at the international conference of the Alzheimer association in 2017 adds to the tests that eating a vegetable-based diet can help prevent dementia. In one of the studies, Swedish researchers who follow 2,000 people for six years have found that those who attached themselves to a diet called Nordic Prudent Dietary Pattern (NPDP) had a better cognitive function than people who ate fatty and transformed foods. Among other things, the NPDP asks to eat a lot of root vegetables, more pears, peaches and you guessed. In another of the studies, the healthy elderly people who followed the Mediterranean or mental diet, both of whom eat fresh fruit and vegetables, have lowered the risk of dementia of 30-35 percent. The more long the diet followed, the best is their cognitive function. Experts point out that further research is needed, but the results seem promising. Related: what wait does a day of fruit and vegetables have? Oat and dice on blue floral plate recipe in the photo: an apple apples apple-crisps a medium apple can help you fill you for less than 100 calories, so it is not surprising that apples can help with weight loss. It turns out that it is which form of apple you eat that counts. In a study, the people who ate slices of apple before a meal felt more full and more satisfied with the people who had apple sauce, apple juice or alef alef id opit ehC .alem id ettef el otatlas onnah ehc elleuq a ottepsir onem ni eirolac 002 aidem ni eraignam a enosrep el otatuaia ah alem id ettef el noc otasp nu eraizini ehc otrepocs ehcna ah oiduts ossets oL .elem eat may make a difference, too. One intriguing animal study published in Food Chemistry suggests that Granny Smith apples have fewer carbs and more non-digestible compounds, including feel-full fiber-compared to McIntosh, Golden Delicious and other common varieties. The compounds also help feed healthy gut bacteria, potentially lowering the risk of some obesity-related problems. Prebiotics in apples feed good gut bacteria: a recent lab study looked specifically at how we digest the nutrients in whole skin-on apples and found an increase in Bifidobacteria, beneficial members of our microbiome. Related: Is Eating Fruit Bad for Weight Loss? Pictured Recipe: **Apple Slaw with Poppy Seed Dressing** The numbers speak for themselves. In an extensive review of studies, Tufts researchers noted a strong association of apple eating with diabetes prevention, finding that people who ate one or more apples a day had up to a 23% lower risk of type 2 diabetes than non-apple eaters. In another study of more than 36,000 healthy women, those who ate one or more apples a day had a 26 percent lower risk of type 2 diabetes than the non-apple eaters. And in a review of data from more than 187,000 people involved in three long-term studies, Harvard researchers found that people who ate at least two servings a week of blueberries, grapes and, yup, apples lowered their diabetes risk by 23 percent, compared to people who had one serving or less a month. Experts say the fruit's fiber helps stabilize blood sugar. Flavonoids, a type of antioxidant, also play an important role. Related: **How to Eat More Fruits & Vegetables** Pictured Recipe: **Turkey-Apple-Brie Sandwiches** Apples' cancer-fighting antioxidant activity is nearly tops among fruits (second only to cranberries). Eating an apple a day (or more) is linked with lower risk of several cancers, including colorectal, breast and prostate. In fact, an analysis of several Italian studies found that eating one or more servings of apples a day helped colorectal cancer more than eating any other fruit. Other studies in humans have found that eating apples can be helpful in preventing lung and prostate cancer. Don't toss the peel, though, that's where most of the cancer-fighting antioxidants are found. Some original reporting by Kerri-Ann Jennings, M.S., R.D. Photo Courtesy: Cecilie Arcurs/E+/Getty Images One of the most popular and well-known berries is the strawberry. Not only is this fruit a very popular artificial flavor in many candies and drinks, but it's also commonly used as an accompaniment to desserts and the fresh, real fruits make for a healthy snack or dessert by themselves. Luckily, these berries are as healthy as they are bright and delicious. If you're thinking about incorporating more strawberries into your diet, learning about their ample health benefits will convince you to start snacking. One of the best qualities of strawberries, aside from their delicious taste, is that they're packed with vitamin C and other nutrients. These are some of the important vitamins and minerals found in strawberries: Photo Courtesy: Yevgenia Vradli/Moment/Getty Images **Vitamin C:** This vitamin is crucial for boosting your immune system and reducing your risk of stroke, certain types of cancer, and high cholesterol and blood pressure. Additionally, it can even help with diabetes by regulating blood sugar levels. **Folate:** This nutrient is essential in ensuring a safe pregnancy, maintaining healthy red blood cells and helping to prevent heart disease. **Potassium:** This mineral is an electrolyte your body requires for normal cell function, proper nerve transmission, muscle contraction and kidney function. It can also help lower your risk of heart attack and stroke. **Dietary fiber:** Not only can fiber help relieve constipation, but it also stabilizes blood sugar, regulates digestion and helps lower LDL cholesterol levels. Other trace nutrients that are not as abundant, but still present, in strawberries are the risk Calcium Calcium Iron Magnesium Phosphorus Sodium Zinc Copper Manganese Selenium B-complex vitamins **Vitamin E** These Berries Also Contain Phytonutrients Phytonutrients are chemicals produced by plants, such as fruits and vegetables, that have antioxidant and anti-inflammatory benefits. In addition to their myriad other nutrients, strawberries contain many phytonutrients, which is why this fruit is often called an antioxidant powerhouse. These are some phytochemicals and antioxidants that strawberries pack: Photo Courtesy: Jacky Parker Photography/Moment/Getty Images **Ellagic acid:** This phytochemical reduces inflammation in the body, improves glucose metabolism and prevents the breakdown of collagen in skin, thus warding off wrinkles. It also has protective effects on your liver and boasts anticancer properties. **Flavonoids:** These phytochemicals are associated with reduced risks of cancer, cardiovascular diseases and Alzheimer's disease. Some flavonoids that strawberries are rich in include: **Anthocyanins:** These antioxidants, which give strawberries their red color, have anticancer properties because they neutralize cancer-causing free radicals. They're also anti-inflammatory and have been shown to alleviate symptoms in arthritis patients. **Quercetin:** This phenolic compound inhibits infection, promotes mental and physical performance and has anticancer properties. It also provides cardiovascular benefits. **Kaempferol:** This polyphenol antioxidant has been shown to have many beneficial effects against cardiovascular diseases, cancer, liver injury, obesity and diabetes. **Catechin:** This natural phenol is an antioxidant that protects against infection, cancer, obesity, diabetes and cardiovascular diseases. It also promotes a healthy liver and healthy nervous system function. **Eating Strawberries Offers Long-Term Health Benefits** Eating strawberries long-term can most definitely yield rewarding health benefits. These include: Photo Courtesy: andres/E+/Getty Images **Improved heart health:** clinical clinical and epidemiological studies have demonstrated that consuming the compounds found in strawberries, such as phytonutrients and micronutrients, results in reduced cardiovascular risk. Flavonoids have anticoagulant properties, and consuming them daily can help prevent blood clots, which can lead to stroke. Additionally, potassium and folate, which are present in strawberries, also help lower the risk of heart attack and stroke. **Improved metabolism:** Several active components of strawberries have been shown to boost metabolism. Furthermore, eating strawberries has been linked to improved glycemic control and reduced risks of metabolic disorders, including diabetes and obesity. **Anti-aging properties:** The USDA Human Nutrition Research Center on Aging found that eating strawberries can help slow the decline of motor and cognitive skills related to aging. The abundance of phytonutrients and antioxidants has also been shown to fight signs of skin aging, such as wrinkles and sun damage. Strawberries have even been linked to decreased cases of cataracts, an eye condition related to aging and sun. **Boosted immunity:** One cup of strawberries can satisfy your daily intake of vitamin C, which is vital for a healthy immune system. Snacking on these fruits will strengthen your immune system to fight off the common cold, flu and other diseases and infections. **Anticancer properties:** Antioxidants present in the fruit, such as anthocyanins, neutralize free radicals that can cause cancer. Because internal body inflammation has been linked to cancer, the anti-inflammatory properties of strawberries also help to ward off cancer. **Reduced internal body inflammation:** Studies have shown that this fruit lowers the levels of C-reactive protein, which inflames your body and can lead to various health problems. Such anti-inflammatory properties are not only good for cardiovascular health, but they can also decrease episodes of rheumatoid arthritis and lupus flare-ups. **Interesting Facts About The benefits for the health of strawberries** are clear, but you may also be interested in learning some less known facts on these tasty fruits. Photo courtesy: the D3Sign/Moment/Getty strawberries are a member of the Rose family and are the first result to ripen in the spring. The fleshy and red part of the fruit you eat is actually the stem of the plant. Studies show that having an alcoholic drink made with strawberries, such as a cocktail with crushed fruit or a strawberry daily made with real thing, can increase the antioxidant power of the fruits. A cup of strawberries provides 100% of the recommended daily quantity of vitamin C and it is only 55 calories. The frozen strawberries maintain almost the same quantity of nutrients as the fresh ones, so you can easily keep them for subsequent use in the smoothies. Strawberries are the only fruit with seeds outside. They can of course illuminate the teeth when you eat them because the seeds exfoliate the enamel. Resources links: [strawberry-nutrition-facts/https://www.californiastrawberries.com/whats-in-strawberry/](https://www.californiastrawberries.com/whats-in-strawberry/) /Six- New Clinical-Research-Sties-Show-strawberries-Have-positio- Impact -Arthrite [MORE FROM SYMPTOMFIND.COM SYMPTOMFIND.COM](https://journals.orshs.orshs/jades/Jashs/Jashs/1132/5/Aricate-p629.xml/8174836CMP/selector/8174836CMP/selector/A/CMP/vog)

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