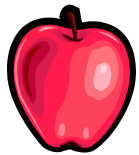


Apple Products Help Fill Half the Plate



Americans of all ages love the taste of apples whether fresh, cooked, apple sauce, apple juice, apple cider, or dried apple chunks. In any form, apples will help consumers meet a big part of the 5 to 13 servings of fruits and vegetables per day recommended by the newly released DHHS/USDA Dietary Guidelines. Americans need fruits and vegetables every meal every day to get the fiber and important vitamins and minerals needed to stay healthy. Apple products, made from 100% fresh apples, are a shelf-stable alternative source of Vitamin C, folate, potassium, boron, and, even, calcium in some fortified products. In addition, apples and apple products are fat-free, cholesterol-free, and sodium-free.

Apples fit the diverse lifestyles of Americans who eat them at breakfast, lunch, dinner, or on-the-go snacks. Even fast food restaurants feature great tasting, healthy fresh apple slices applesauce, and apple juice. Often the shelf-stable apple products are the best buys.

Ten Tips for an Apple A Day

Breakfast

- Apple slices in oatmeal
- Applesauce on French whole wheat toast
- Apple turnover
- Chilled apple juice with a wholegrain bagel and cream cheese

Lunch

- Applesauce with lean pork slices and rice
- Cinnamon apple muffin and hot beef vegetable soup
- Apple slices on a peanut butter sandwich
- 100 % apple juice, strawberries, and yogurt smoothie

Snack

- Apple slices and low fat cheese
- Applesauce and pretzels
- Dried apple chunks with granola
- Hot 100% Apple cider and whole grain crackers

Dinner

- Stir-fry apple slices, chicken, and broccoli with brown rice
- Apple chunks, walnuts and mixed greens tossed in a light, vinaigrette dressing
- Baked apples with cinnamon for dessert
- Apple Brown Betty with applesauce, cooked apples, and oatmeal mixture

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