

Michigan Apple Committee NEWS



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Michigan Apples boast many health benefits *Research suggests truth behind “an-apple-a-day” adage*

LANSING, Mich. — Apples are an important part of a healthy diet. Loaded with powerful flavonoids and antioxidants, and filled with fiber—while being low in sodium and calories—they are a healthy choice for everybody!

“Great flavor, many varieties and premium quality are not the only reasons you should regularly eat Michigan Apples,” said Diane Smith, executive director, Michigan Apple Committee. “The health benefits of incorporating apples into your regular diet are vast.”

In 2012, a U.S. Apple Association (USAApple) funded study at The Ohio State University, showed a link between daily consumption of apples and reduced levels of low-density lipoprotein, more commonly known as ‘bad cholesterol’. The study showed middle-aged adults who consumed one apple a day for four weeks lowered their levels of LDL cholesterol by 40 percent.

Studies over the last 20 years have proven eating apples regularly can reduce the risk of heart disease and stroke, several different types of cancer, asthma and high blood pressure. Studies have also shown apple consumption can aid in weight loss and help consumers maintain energy throughout the day.

“Apples are also great for dental hygiene, they are often referred to as ‘Nature’s Toothbrush’,” said Smith. “Their rough, fibrous texture and natural tannins, chased with a rinse of water, make them a great way to help teeth feel clean in between brushings — and they are a healthy, sweet alternative to sugary snacks.”

More detailed health information can be found at MichiganApples.com/Healthy-Living.

The Michigan Apple Committee is a grower-funded nonprofit organization devoted to marketing, education and research activities to distinguish the Michigan Apple and encourage its consumption in Michigan and around the world. For more information, visit www.MichiganApples.com.

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