

Michigan Apple Committee NEWS



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Fall for Fiber During Michigan Apple Season *A single Michigan Apple delivers 5 grams of fiber*

Lansing, Mich. – A growing nutrition concern continues to affect most adults: falling short of the recommended daily fiber intake. Health experts recommend consuming at least 25 to 30 grams of fiber each day, yet many Americans fail to meet that target, missing out on a nutrient that plays a vital role in overall health.

Fiber is essential for supporting digestive health, helping regulate blood sugar levels, promoting heart health, and maintaining healthy cholesterol levels. It also contributes to feelings of fullness, which can help reduce overeating, while serving as a key food source for the beneficial bacteria that make up the gut microbiome.

One easy way to boost daily fiber intake is by reaching for a Michigan Apple. A single apple provides about 5 grams of fiber, including pectin, a type of soluble fiber known for supporting smoother digestion and more stable energy levels throughout the day.

“Diets high in fiber may help reduce the risk of certain chronic diseases,” said Deanna Scheid, RDN, dietitian for the Michigan Apple Committee. “One large apple can provide about nearly 20% of your recommended fiber intake, helping to support cardiovascular health, regulate digestion, and steady blood sugar levels.”

The benefits of fiber extend beyond digestion and heart health. Fiber also acts as a prebiotic, nourishing the beneficial bacteria in the gut. These microbes play an important role in everything from nutrient absorption to immune function, making fiber a critical component of a healthy diet.

With most adults still falling short of daily fiber recommendations, simple choices such as adding a Michigan apple to a meal or snack can help close the fiber gap while delivering a

range of health benefits. Learn more about the myriad health benefits of apples at MichiganApples.com/healthy-living.

The Michigan Apple Committee works on behalf of Michigan apple growers through marketing, research, education, and outreach to increase consumption, support growers, and ensure a strong and sustainable apple industry. To learn more, visit MichiganApples.com.

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