



MICHIGAN
APPLES

Deliciously
Healthy,
Naturally.



Michigan Apples are Nutritious, Naturally.

Michigan Apples don't just taste great – they're also an important part of a healthy diet! Low in calories and sodium, apples come naturally loaded with powerful flavonoids, antioxidants and fiber – which may help reduce your risk of chronic disease.

Naturally Good for the Gut

One apple offers about 17% of your daily fiber needs, with both soluble and insoluble types. Soluble fiber slows digestion and keeps you feeling full, while insoluble fiber helps keep things moving smoothly. Don't forget the skin- that's where much of the fiber is found!



Reduce Risk of Cancer

Eating apples may help lower the risk of several cancers. Packed with cancer-fighting phytochemicals, they're a natural powerhouse of protection. For maximum benefits, enjoy the whole apple – peel and all!

Balance Blood Sugar Naturally

Apples may help lower the risk of type 2 diabetes. Packed with antioxidants like quercetin, they improve insulin sensitivity and prevent blood sugar spikes. Their fiber also helps stabilize blood sugar naturally.

Keep Your Heart Happy

Enjoy a juicy apple and give your heart a boost! Apples are linked to a lower risk of heart disease thanks to pectin – a soluble fiber that helps lower cholesterol and reduce plaque buildup.

Naturally Boost Brain Health

Studies reveal a promising connection between regular consumption of fruits and vegetables and a reduced risk of developing dementia. Low intake of flavonoid polymers—compounds found in apples—may double the risk of Alzheimer's and related dementias, according to recent research.

Stay Fit & Stay Full

Apples are a natural choice for weight management. Packed with fiber, they keep you full longer, support healthy gut bacteria, and help control cravings – all for just 95 calories.

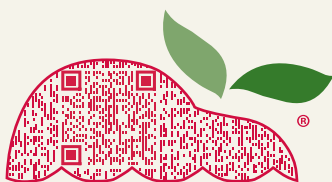


An Apple a Day

Apples provide numerous health benefits and eating an apple a day can help you reach your health goals. Try one of these ways to incorporate apples into your daily diet:

- Top your oatmeal with diced apples, walnuts, and a sprinkle of cinnamon & brown sugar.
- Add more crunch to your coleslaw by adding a chopped apple and poppy seeds.
- Spread nut butter on apple slices and sprinkle on granola for a tasty snack.
- Make your own trail mix with nuts, dried Michigan Apples, and whole-grain cereals.

Visit our website for healthy tips & solutions to inspire you and your family to enjoy more apples, naturally!



MichiganApples.com/healthy-living

Michigan Apples & Chickpea Salad

Salad Ingredients:

- 1 (15 ounce) can of chickpeas, rinsed and drained and patted dry with paper towels
- 1 Tbsp. olive oil
- ½ tsp. Kosher salt
- ⅛ tsp. curry powder
- 2 small or 1 large Michigan Apples such as Honeycrisp or Fuji, sliced into matchsticks
- 1 head broccoli, very finely chopped*
- 1 cup matchstick cut carrots*
- ⅓ cup diced green onion
- ⅓ cup chopped cashews
- Salt & pepper to taste

Dressing Ingredients:

- 3 Tbsp. plain Greek yogurt
- 2 tsp. apple cider vinegar
- 2 tsp. maple syrup
- ¼ tsp. curry powder
- Pinch of sea salt

Directions:

- Preheat oven to 350 degrees F. Spread chickpeas on a rimmed baking sheet and toss with olive oil and Kosher salt.
- Bake in preheated oven for 20 minutes or until crisp and golden. Toss with curry powder.
- Meanwhile, combine dressing ingredients in a small bowl and whisk until smooth.
- In a large bowl, combine Michigan Apples, broccoli, carrots, green onion and cashews.
- Add crispy chickpeas and dressing and toss until evenly combined and coated with dressing.
- Season to taste with salt and pepper before serving.

**Note: Broccoli and carrots can be swapped for 2 cups of prepared broccoli slaw mix*





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Sources:

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Visit **MichiganApples.com/Healthy-Living** to learn more about specific studies and how Michigan Apples can be part of a healthy diet. Please contact your health care provider if you have questions or concerns about your diet or health. This information is not intended to be a substitute for professional advice.