

An Apple A Day Keeps the Doctor Away



King Solomon, in his wisdom, hailed the apple as a fruit of healing. Today, there is substantial evidence that an apple a day can help keep the doctor away.

America's Favorite Snack

Apples are a bulky food that is low in calories, with no cholesterol and can be eaten daily without fear of excess. They provide an excellent source of pectin, fiber and bulk that aids digestion as well as help reduce cholesterol levels in the body.

Filling But Not Fattening

Apples are filling but not fattening—a benefit to anyone on a weight-reduction diet. The energy supplied by apples comes from easy to digest fruit sugars and hemicellulose carbohydrates. Their high potassium and low sodium content offers a special thirst-quenching benefit to athletes and sportsmen and to some cardiac and kidney disorder patients.

Apples Relieve Tension

University studies have shown that students eating apples regularly, reported fewer headaches and illnesses associated with stress and have also shown a reduced incidence of colds and minor upper respiratory ailments.

Nature's Toothbrush

Apples are a natural toothbrush. Their crisp, fibrous texture and the aromatic cleansing action of the juice effectively cleans and freshens the breath, teeth and gums. Marked reductions in dental care have resulted when apples have been eaten regularly in lieu of, or following, excessive consumption of sweet, sticky foods. People eat apples because they are enjoyable and refreshing but it is our special good fortune that they are also plentiful, economical and good for our health.