



ELITE

Personal Training and Fitness Solutions

HEALTH TOPIC OF THE WEEK

10/10: Apples

Impressive Benefits of Apples

"An apple a day keeps the doctor away" is a common proverb. The 19th century version is a bit wordier, but true: "If one eats healthy foods, one will remain in good health and will not need to see the doctor often."

There is no guarantee that eating an apple each day eliminates the need to see a physician. However, regular apple consumption is powerfully linked to fewer diseases and less medication.

1. Apples Are Nutritious

A medium-size apple has a diameter of about 3 inches. This equals 1.5 cups of fruit. Two cups of fruit daily are recommended for most individuals. So, just one apple provides 3/4 of your daily requirement.

One medium apple - 6.4 ounces or 182 grams - offers the following nutrients:

- **Calories** 95
- **Carbs** 25 grams
- **Fiber** 4 grams
- **Vitamin C** 14% of the Reference Daily Intake (RDI)
- **Potassium** 6% of the RDI
- **Vitamin K** 5% of the RDI



What's more, the same serving provides 2 - 4% of the RDI for manganese, copper, and the vitamins A, E, B1, B2, and B6.

Apples are also a rich source of polyphenols. While nutrition labels don't list these plant compounds, they're responsible for many health benefits.

To get the most out of apples, wash them well and leave the skin on - it contains half the fiber and many of the polyphenols.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

2. Apples May Be Good for Weight Loss

Apples are high in fiber and water - two qualities that make them filling. In one study, people who ate apple slices before a meal felt fuller than those who consumed applesauce, apple juice, or no apple products. In the same study, those who started their meal with apple slices also ate an average of 200 fewer calories than those who didn't.

In another 10-week study in 50 overweight women, participants who ate apples lost an average of 2 pounds (1 kg) and ate fewer calories overall, compared to those who ate oat cookies with a similar calorie and fiber content.



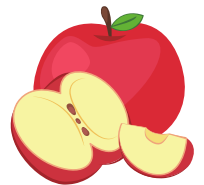
3. Apples May Be Good for Your Heart

Apples have been linked to a lower risk of heart disease. One reason may be that apples contain soluble fiber - the kind that can help lower your blood cholesterol levels. They also contain polyphenols, which have antioxidant effects. Many of these are concentrated in the peel. One of these polyphenols is the flavonoid epicatechin, which may lower blood pressure.

An analysis of studies found that high intakes of flavonoids were linked to a 20% lower risk of stroke. Flavonoids can help prevent heart disease by lowering blood pressure, reducing "bad" LDL oxidation, and acting as antioxidants.

4. They're Linked to a Lower Risk of Diabetes

Several studies have linked eating apples to a lower risk of type 2 diabetes. In one large study, eating an apple a day was linked to a 28% lower risk of type 2 diabetes, compared to not eating any apples. Even eating just a few apples per week had a similarly protective effect.



5. They May Have Prebiotic Effects & Promote Good Gut Bacteria

Apples contain pectin, a type of fiber that acts as a prebiotic. This means it feeds the good bacteria in your gut. Your small intestine doesn't absorb fiber during digestion. Instead, it goes to your colon, where it promotes the growth of good bacteria. It also turns into other helpful compounds that circulate back through your body.

6. Substances in Apples May Help Prevent Cancer

Test-tube studies have shown a link between plant compounds in apples and a lower risk of cancer.



Tip of the week 10/10, page 2

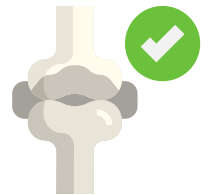
7. Apples Contain Compounds That Can Help Fight Asthma

Antioxidant-rich apples may help protect your lungs from oxidative damage. A large study in more than 68,000 women found that those who ate the most apples had the lowest risk of asthma. Eating about 15% of a large apple per day was linked to a 10% lower risk of this condition. Apple skin contains the flavonoid quercetin, which can help regulate the immune system and reduce inflammation.



8. Apples May Be Good for Bone Health

Eating fruit is linked to higher bone density, which is a marker for bone health. Researchers believe that the antioxidant and anti-inflammatory compounds in fruit may help promote bone density and strength. Some studies show that apples, specifically, may positively affect bone health.



9. Apples May Protect Against Stomach Injury from NSAIDs

The class of painkillers known as nonsteroidal anti-inflammatory drugs (NSAIDs) can injure the lining of your stomach. A study in test tubes and rats found that freeze-dried apple extract helped protect stomach cells from injury due to NSAIDs.

Two plant compounds in apples - chlorogenic acid and catechin - are thought to be particularly helpful.

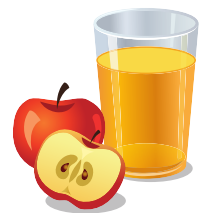
10. Apples May Help Protect Your Brain

Most research focuses on apple peels and flesh. However, apple juice may have benefits for age-related mental decline. In animal studies, juice concentrate reduced harmful reactive oxygen species (ROS) in brain tissue and minimized mental decline.

Apple juice may help preserve acetylcholine, a neurotransmitter that can decline with age. Low levels of acetylcholine are linked to Alzheimer's disease.

The Bottom Line

- Apples come in many varieties to meet almost everyone's tastes.
- Apples are relatively inexpensive.
- Apples are incredibly good for you. Eating them is linked to a lower risk of many major diseases, including diabetes and cancer.
- Apples have soluble fiber content which promotes weight loss and gut health.
- For the greatest benefits, eat the whole fruit - both skin and flesh.



Tip of the week 10/10, page 3