

WHY AN **APPLE** A DAY WILL HELP KEEP THE DOCTOR AWAY.....



HEALTH BENEFITS:

- *Low in calories (just 50 calories in one small apple)
- *Rich in dietary fiber that protects your colon from cancer
- *Contains an abundance of vitamin-C that helps fight infection
- *Full of antioxidant phyto-nutrients that protect us from free radicals (bad molecules) that attack healthy cells in our body
- *Good source of B-complex vitamins that keep our metabolism and various synthetic functions inside the body strong

SELECTION AND STORAGE:

- *Choose fresh, bright, firm textured apples
- *Choose organic when possible**
- *Keep at room temperature for a few days and then store in refrigerator for 2 to 3 weeks
- *Wash thoroughly with cold water before use
- *Use fresh lemon drops to keep sliced apples from turning brown.
- *Enjoy fresh or in fruit jam, pie and fruit salad

***SHOOT FOR 8-10 SERVINGS OF FRUITS AND VEGGIES PER DAY!!**

**According to the environmental-working group reports, apple fruit is one of the most heavily pesticide-contaminated produce. The most common pesticides found on apples are organo-phosphorous and organo-chloride pesticides like Permethrin and DDT. Therefore, it is recommended to wash the fruit thoroughly before use. Organic apples should still be rinsed.