

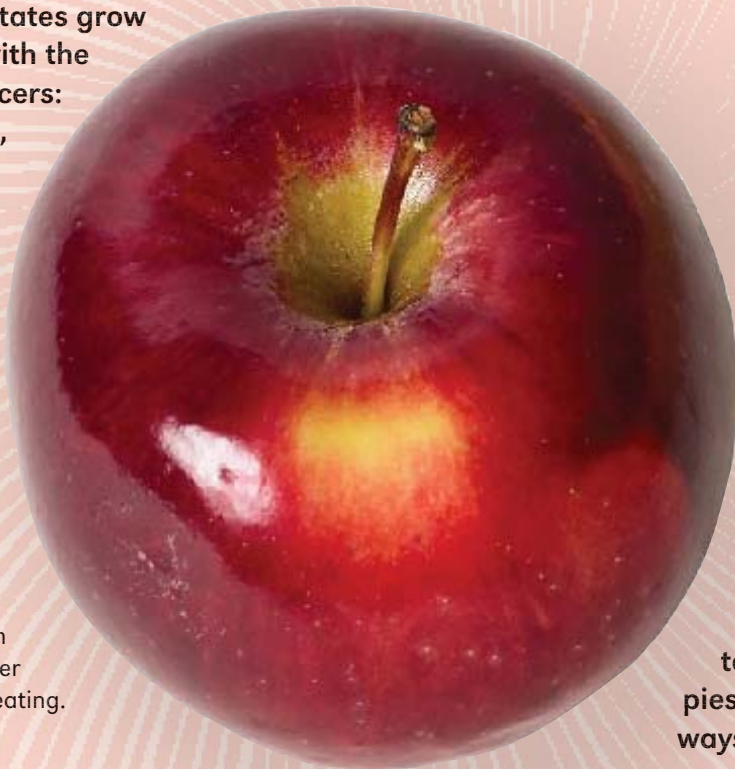
# Apple

Apples come in all shades of red, green and yellow. Apple varieties range in size from a little bigger than a cherry, to as large as a grapefruit. The peel is good to eat and has many nutrients. Apples have five seed pockets. Do not eat the seeds.

**Apples are fruit which grow on trees.**

**The apple can be traced back to the Romans and Egyptians who introduced them to Britain.**  
The pilgrims planted the first apple trees in North America in the Massachusetts Bay Colony. Americans eat about 120 apples apiece each year.

Apples are the most popular fruit in the United States. 36 states grow apples commercially with the following as top producers: Washington, New York, Michigan, California, Pennsylvania and Virginia.



**NUTRITION FACTS**

- Fat free
- Cholesterol free
- Sodium free
- Good source of fiber
- Good source of vitamin C

## VARIETIES

There are about 2,500 varieties grown in the United States. Golden Delicious, Red Delicious, Fuji and Granny Smith are available year round.

Choose apples which are firm with no soft spots. Wash under clean, running water before eating.

**USES** Apples can be eaten raw or cooked. They are great to eat as a quick snack. Chop and add to fruit salads. Bake in cakes, pies and cookies. Other popular ways to enjoy are as applesauce or 100% juice.



Funded in part by USDA's Food and Nutrition Service, EFNEP, and Nebraska Department of Health and Human Services 2008. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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### Golden Apple Oatmeal

Preparation time: 15 minutes

Number of servings: 1

Cups of fruits or vegetables per serving: 0.5



- 1 apple, diced
- $\frac{1}{3}$  c. apple juice
- $\frac{1}{3}$  c. water
- dash of cinnamon
- dash of nutmeg
- $\frac{1}{3}$  c. oatmeal, uncooked

1. In a medium saucepan, combine apples, juice, water, cinnamon, and nutmeg; bring to a boil.
2. Stir in oatmeal; cook on medium for 1 minute.
3. Cover and let stand 3 to 4 minutes before serving.

Nutrition Information per Serving: Calories 200, Total Fat 2 g (3% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 300 mg (13% DV), Total Carbohydrate 45 g (15% DV), Dietary Fiber 6 g (24% DV), Sugars 23 g, Protein 4 g, Vitamin A 2%, Vitamin C 10%, Calcium 2%, Iron 8%.

### Apple Carrot Salad

Preparation time: 10 minutes

Number of servings: 6

Cups of fruits or vegetables per serving: 0.5



- 1 c. carrots, shredded
- 3 apples, diced
- 1 T. lemon juice
- $\frac{1}{2}$  c. raisins
- $\frac{1}{3}$  c. low-fat mayonnaise
- lettuce (optional)

1. In a large bowl, combine all ingredients.
2. Chill thoroughly.
3. Serve on lettuce, if desired.

Nutrition Information per Serving: Calories 110, Total Fat 1 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 140 mg (6% DV), Total Carbohydrate 25 g (8% DV), Dietary Fiber 3 g (12% DV), Sugars 20 g, Protein 1 g, Vitamin A 45%, Vitamin C 10%, Calcium 2%, Iron 2%.