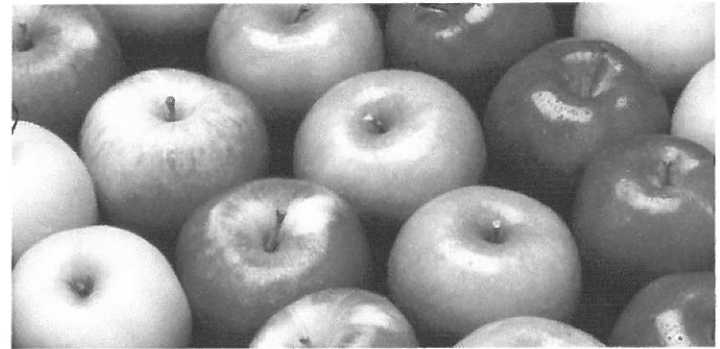


# NUTRITION AND YOU...APPLES

## FOOD FOR THOUGHT

Apples can be yellow, red or green. Choose firm apples without bruises, cuts, holes or damaged skin. Wash apples under clean, cool tap water before eating them. Scrub gently with a clean vegetable brush and rinse again. Apples can be eaten raw, cooked into applesauce, made into pies, cobblers and other desserts. They can be added to salads or made into cider.



*Note: 1 medium apple provides 1 cup of your daily fruit requirement.*

## SHOP SMART

In Ohio, locally grown apples are available late August through October.

## EAT HEALTHY

Apples are:

- Good source of Vitamin C
- Good source of dietary fiber
- Fat free
- Cholesterol free
- Sodium free
- Low in calories

## KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Wash apples under running water before eating or cutting them. Keep foods that will be eaten raw (like apples) separate from raw meat, poultry or seafood
- Cut away damaged or bruised areas. Throw out apples that look rotten.

### Apple Joke 1

Why didn't the two worms go into Noah's ark in an apple? Because everyone had to go in pairs !

### Apple Joke 2

What lives in apples and is an avid reader? A bookworm !

### Apple Joke 3

First apple: You look down in the dumps. What's eating you? Second apple: Worms, I think.

### Apple Joke 4

What do you get if you cross an apple with a shellfish? A crab apple !

Patti Koester, FNP Program Assistant



## RECIPE

### Apple Salad

Serving Size: 1/2 cup

Yield: 8 servings

### Ingredients:

2 cups diced apples

1 cup diced celery

1/2 cup raisins

1/2 cup nuts

2 Tablespoons salad dressing or  
mayonnaise

1 Tablespoon orange juice

### Instructions:

1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, raisins and nuts with the dressing mixture.

### Cost:

Per Recipe: \$ 1.78

Per Serving: \$ 0.22

## FOCUS ON FITNESS

Being active is an important part of everyday living.

- When working on the computer or on homework, take a break and do some basic exercises such as stretching and sit-ups.
- Make an effort to get at least 30 minutes of exercise every day. This can be divided into smaller segments such as three 10-minute sessions.

## REFERENCES

- The Recipe Finder. SNAP-Ed Connection <http://recipefinder.nal.usda.gov/>
- United States Department of Agriculture, My Pyramid. <http://www.mypyramid.gov>

## REMEMBER:

Eat fruit or vegetables as snacks.

## Get Up and Get Moving!



## Community Nutrition Programs

FAMILY AND CONSUMER SCIENCES

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