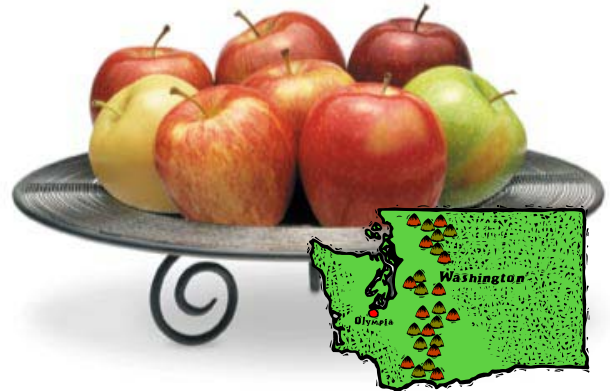


Apple Facts

- More than half of all apples grown in the United States for fresh eating come from orchards in Washington State.
- Americans eat approximately 19.6 pounds of fresh apples annually.
- Apples are a member of the rose family.
- Apples are available year-round.
- The most popular variety in the United States is the Red Delicious.
- Fresh apples float because 25 percent of their volume is air.
- About 50% of apples grown in the United States are sold fresh, and 50% are processed into apple juice, apple sauce or dehydrated apple products.
- There are more than 7,000 varieties of apples grown in the world.



TEMPERATURE: Store cartons under constant refrigeration at about 32 degrees F. with relative humidity of 90%.

CARTON PROTECTION: Keep apples in cartons with lids closed and away from foods with strong odors.

PREPARATION: Handle as little as possible to avoid bruising and skin damage. Prepare apple dishes just before serving to minimize browning (oxidation). Protect cut apples from oxidation by dipping them into a solution of one part citrus juice and three parts water.



(10 pound Red Delicious)

To start your Apples Fundraiser contact:

Brenda, BAKE & Co. Fundraising

1-800-535-2253

www.bakeco.com



An Apple A Day ...



■ **APPLES KEEP YOUR FAMILY HEALTHY**

To get the full nutritional benefits associated with eating apples, you should eat at least one fresh apple every day. However, the average U.S. consumer only eats about one apple per week.

■ **WHOLE-BODY HEALTH BENEFITS:** Lower blood cholesterol and improved bowel function.

Also, reduced risk of stroke, prostate cancer, type II diabetes, and asthma. The disease-fighting profile of apples provides a multitude of health benefits, including a potential decreased risk of cancer and heart disease. Several recent studies suggest apples may provide a "whole-body" health benefit.

A number of components in apples, such as fiber and phytonutrients, have been found in studies to lower blood cholesterol and improve bowel function, and may be associated with a reduced risk of ischemic heart disease, stroke, prostate cancer, type II diabetes, and asthma. Preliminary research from Finland indicates diets with the highest intake of apple phytonutrients were associated with a 46 percent reduction in the incidence of lung cancer. Findings indicate that two apples a day or 12 ounces of 100% apple juice reduced the damaging effects of the "bad" LDL cholesterol. (From Interpoma 2002 Conference, Bolzano, Italy, and Dianne Hyson, Ph.D., M.S., R.D., University of California-Davis)



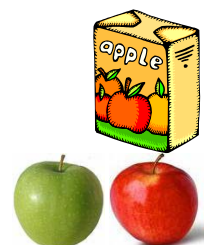
■ **CANCER PREVENTION:** Over the past four years, apple consumption has been linked with reduced cancer risk in several studies. A 2001 Mayo Clinic study indicated that quercetin, a flavonoid abundant in apples, helps prevent the growth of prostate cancer cells. A Cornell University study indicated phytochemicals in the skin of an apple inhibited the reproduction of colon cancer cells by 43 percent. The National Cancer Institute has reported that foods containing flavonoids like those found in apples may reduce the risk of lung cancer by as much as 50 percent. (From Carcinogenesis, March 2001; Nature, June 2000; Journal of the National Cancer Institute, January 2000)

■ **HEART DISEASE & STROKE PREVENTION:** A Finnish study published in 1996 showed that people who eat a diet rich in flavonoids have a lower incidence of heart disease. (Apples are packed with flavonoids.) Other studies indicate that flavonoids may help prevent strokes. (From the British Medical Journal 1996)

■ **WEIGHT LOSS:** Apples are a delicious source of dietary fiber, and dietary fiber helps aid digestion and promotes weight loss. A medium apple contains about five grams of fiber, more than most cereals. Also, apples contain almost zero fat and cholesterol, so they are a delicious snack and dessert food that's good for you.



■ **UC-DAVIS REPORTS THAT APPLES ARE HEART HEALTHY:** Researchers from UC-Davis recently reported that apples and apple juice may help protect arteries from harmful plaque build-up. In the first study conducted in humans, adults who added two apples or 12 ounces of 100% apple juice to their daily diet demonstrated a significant slowing of the cholesterol oxidation process that leads to plaque build-up. This gives the body more time to rid itself of cholesterol before it can cause harm.





NUTRITIONAL INFORMATION

Serving Size 1 medium apple
(154g/5.5 oz.)

Amount Per Serving
Calories 80 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**
Saturated Fat 0g **0%**
Cholesterol 0mg **0%**
Sodium 0mg **0%**
Potassium 170mg **5%**
Total Carbohydrate 22g **7%**
Dietary Fiber 5g **20%**
 Sugars 16g

Vitamin A 2% **Vitamin C 8%**
Calcium 0% **Iron 2%**

*** Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.**

Calories per gram: **Fat 9**
Carbohydrate 4
Protein 4

Source: U.S. Food and Drug Administ