

Pick a better snack™



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.

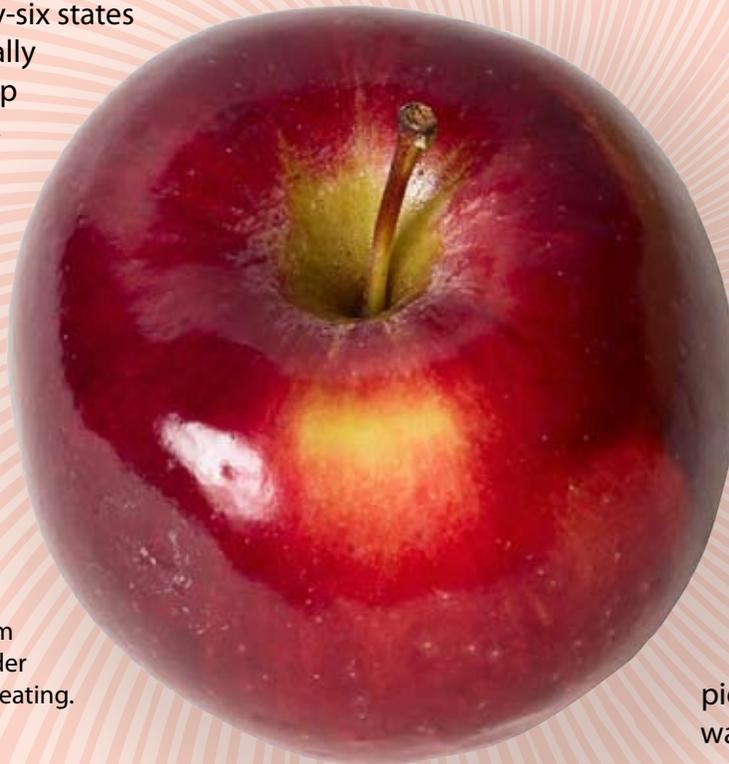
The apple can be traced back to the Romans and Egyptians who introduced them to Britain. The pilgrims planted the first apple trees in North America in the Massachusetts Bay Colony. Americans eat about 120 apples apiece each year.

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

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.



NUTRITION FACTS

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

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.

Many apples are grown in Iowa.



Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit www.yesfood.iowa.gov.

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.

