



APPLE TRIVIA

An Apple A Day...

Apples are about 85% water and contain a variety of essential minerals and vitamins. They're about 12% natural sugar or fructose, a water-soluble sugar found in all ripe fruit. Because of the solubility of fructose, the body does not have to convert it into sugar before use, therefore, making apples a source of instant energy.

Apples are a high source of pectin, a soluble fibre that can absorb more water than any other bulking agent and help clean the digestive system. Eating an apple also cleans the teeth and massages the gums, removing more bacteria than two, three-minute brushings followed by a gargle.

Scientists have proven that apple eaters have fewer headaches, intestinal disorders, colds, respiratory problems and illness associated with the nervous system.

2/ Apple Trivia

Nutritional Facts

*Serving size: 1 medium apple (154g)

Calories	80
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	0mg
Carbohydrates	22g
Dietary Fibre	5g
Sugars	16g
Protein	0g
Vitamin A	2%
Vitamin C	8%
Iron	2%
Calcium	0%
Calories from Fat	0

Daily Value*

Total Fat	0%
Saturated Fat	0%
Cholesterol	0%
Sodium	0%
Carbohydrates	7%
Dietary Fibre	20%

* Percent Daily Values are based on a 2,000-calorie diet.