



## An Apple a Day...

...may not keep the doctor away, but it is certainly a step in the right direction! BC apples are low in calories, easy to carry and eat, and a tasty and inexpensive snack.

There are more than 100 varieties of apples grown in North America. BC is known particularly for Red and Gold Delicious, McIntosh and Spartan varieties. Newer varieties including Jonagold, Gala, Braeburn and Fuji are now being widely planted as well.

Apples are an excellent source of fibre. Pectin, the soluble fibre in apples, helps to prevent the build-up of cholesterol in the lining of blood vessels, reducing the risk of heart disease. The insoluble fibre in apples provides water-holding bulk in the intestinal tract, helping to move food quickly through the digestive system and keep it clean.

Almost half of an apple's Vitamin C content is just underneath the skin, so it is a good idea to eat the skin! Eating the apple skin also increases insoluble fibre content.

<b>NUTRITIONAL FACTS</b>	
<b>Serving Size:</b> 1 medium apple (154g)	
<b>Calories</b>	80g
<b>Total Fat</b>	0g
Saturated Fat	0g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	0mg
<b>Total Carbohydrate</b>	22g
Dietary Fibre	5g
Sugars	16g
<b>Protein</b>	0g

For more information about BC apples, visit the [BC Ministry of Agriculture and Lands](#).

