

Weight Loss

Eating three or more apples or pears a day has been shown to benefit those trying to lose weight by reducing the overall amount of energy they ate and lowering their blood glucose levels.¹

Diabetes

Women consuming one or more apples a day reduce their risk of Type 2 diabetes by almost 30 per cent, compared to those who don't eat apples.²

Including low GI fruit, such as apples, in the diet improves metabolic control of those with Type 1 diabetes as well.³

Cancer Protection

A 2005 study of over 8,000 people showed that eating at least one apple a day reduced the risk of numerous cancers: prostate, oral, oesophageal, breast, ovarian and colorectum cancers.⁴

Eating apples may provide protection against other cancers, and the more apples eaten, may lead to an increased protective effect.⁶

Flavonoids, a type of antioxidant, in apples can inhibit colon cancer cell growth and may affect the genes involved in cancer development.⁵

Cardiovascular Health

Apples are rich in flavonoid antioxidants. Flavonoids decrease LDL (bad) cholesterol and blood pressure - well known risk factors for heart disease.⁷ Antioxidants could also slow the oxidation of fatty deposits in blood vessels. If left untreated fatty deposits can block arteries, leading to atherosclerosis.

Apples are a good source of dietary fibre. Dietary fibre is also known for its heart protective effects.⁸

Lung Function

Researchers report eating five or more apples per week significantly improves lung function⁹ and leads to a lower risk of developing asthma.¹⁰

Eating two apples a day may reduce smokers' risk of developing Chronic Obstructive Pulmonary Disease which results in coughing and breathlessness.¹¹

Memory Function

Apple juice concentrate supplements have been shown to have a significant effect on mental function and skill.¹²

Hair Growth

Procyanidin B2, an antioxidant, found in apples, has been shown to promote hair growth.¹³

Eat apple peel

To maximise the benefits of eating apples it is best to eat apples unpeeled and uncooked. Apple peel and flesh contains antioxidants. All of the flavonols (quercetin) and almost half the phenolic compounds are found in the skin.¹⁴

Nutrients

Other foods high in the same flavonoids as apples do not provide the same health benefits. It seems the combination of nutrients in apples provides the protective effects.^{2,12}

The full benefits of apples seem to be derived from several types of phytochemicals working together.

Apples are virtually fat free and a source of dietary fibre and vitamin C.

So go on, grab an apple today!

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