Health benefits of

**Apples**

- **Neurological**
  - Prevention of dementia

- **Cardiovascular**
  - Decreased cholesterol level

- **Lungs**
  - Decreased cancer risk

- **Colon**
  - Decreased cancer risk

- **Systemic**
  - Prevention of overweight

- **Prostate**
  - Decreased cancer risk
Reasons to Eat an Apple a Day

No matter whether it’s a red, green or yellow apple, you should eat it each day to stay healthy and happy. Remember, ‘An apple a day keeps the doctor away’? It’s actually true. Apples are fortified with essential vitamins and minerals, and they are an excellent source of fiber. Apples are delicious and versatile and it’s easy to incorporate them into your daily diet. You don’t necessarily have to eat raw apples; apple chips, apple pie, apple smoothies, caramel apples, apple juice, baked apples are all good options. Don’t leave apples on the shelf, here are a few important reasons to eat your apple a day.

1. Apples contain powerful antioxidants

Although most fruits and veggies contain antioxidants, apples are plentiful in one of the most powerful antioxidants, quercetin, which helps combat free radical damage, boost your immune system and prevent different kinds of diseases. Eat your apple in the morning, add it to your morning smoothie, snack on it during your lunch time or before going to bed. If you are a big fan of chips (as I am), but you are trying to eat healthy, consider making apple chips. They are healthy and tasty, and they make a great snack for your kids.

Read also – 12 Healthy and Tasty Alternatives to Potato Chips

2. Apples keep your eyes healthy

Due to their high antioxidant content, apples help keep your eyes healthy, if you eat at least one apple each day. Apples boast fantastic eye health benefits and may help prevent cataracts. Numerous studies show that people who consume antioxidant-rich fruits, like apples, are less likely to develop cataracts.
Make a habit of eating your apple a day now and you might not have to deal with cataracts in your 50s or 60s.

3. **Apples are rich in fiber**

Apples are an excellent source of fiber that helps regulate digestive system, and overall keeps your intestinal system healthy. Fiber can also help control your hunger and keep you full for longer, which means one apple is a great and healthy snack between meals. Moreover, fibre found in apples can help reduce cholesterol levels and prevent diarrhea and constipation.

4. **Apples help detoxify your liver**

Apples are good for your liver too. Many people are talking about detox diets, but you should never try any of them if you don’t consult your doctor. After all, it’s hard to stick to any diet, but luckily, you can keep your liver healthy by eating your apple a day. When your liver is healthy, it’s able to keep harmful toxins out of the body without so-called detoxifying powders and drinks. I think it’s a good reason to add that apple to your smoothie, isn’t it?

5. **Apples keep your heart healthy**

One of the best benefits of eating apples each day is that they help keep your heart healthy. As I mentioned before, the fiber found in apples helps reduce cholesterol levels, which reduces your risk of heart disease. Moreover, apples can aid in preventing the buildup of plaque in your arteries, which lowers your risk of having a heart attack. Did you know that heart disease is the biggest killer of women? Incorporate apples into your eating plan to live a longer and healthier life.

6. **Apples boost your endurance**

If you want to boost your endurance, try eating an apple before exercising. The thing is, an apple helps make oxygen more accessible to the lungs, making your workout session easier and longer. I often drink an apple smoothie before running and it works wonders for me. So next time you hit the gym, don’t forget to eat your apple or drink an apple smoothie. The result may surprise you!

**Read also – 7 Tricks to Snack Healthier and Exercise Harder**

7. **Apples help lose weight**

Have you ever heard that dieters should eat mini meals throughout the day? An apple is one of those mini meals you should eat, especially early in the morning, if you are trying to drop weight. Apples are low in calories and it can help suppress your appetite. When you feel hungry, instead of reaching for that candy bar or potato chips, munch on an apple and reap all its health benefits.

While apples are great for dieters, they are also good for everyone. I’m not a huge apple fan, but I know that I need that apple a day, so I use apples in smoothies, juices, fruit salads, pies and sometimes I bake
them. I usually buy red and green apples, and what are your favorite apples? Did you know about health benefits of apples? Do you eat your apple each day?

Many people now believe that because added sugars are bad, the same must apply to fruits, which also contain fructose. This is just not true, fruits are good for you.
However... this is completely wrong, because fructose is only harmful in large amounts and it is almost impossible to overeat fructose by eating fruit.

**Bottom Line:** There is a lot of evidence that large amounts of fructose can cause harm when consumed in excess. However, this depends on the dosage and context and does not apply to fruit.

**Fruit Also Has Fiber, Water and Significant Chewing Resistance**

Eating whole fruit, it is almost impossible to consume enough fructose to cause harm.

Fruits are loaded with fiber, water and have significant chewing resistance.

**For this reason, most fruits (like apples) take a while to eat and digest, meaning that the fructose hits the liver slowly.**
Plus, fruit is incredibly fulfilling. Most people will feel satisfied after one large apple, which contains 23 grams of sugar, 13 of which are fructose (4).

Compare that to a 16oz bottle of Coke... which contains 52 grams of sugar, 30 of which are fructose (5).

A single apple would make you feel quite full, automatically making you eat less of other foods. However, a bottle of soda has remarkably poor effects on satiety and people don't compensate for the sugar in sodas by eating less of other foods (6).

**WHEN FRUCTOSE HITS YOUR LIVER FAST AND IN LARGE AMOUNTS (SODA AND A CANDY BAR) THEN THAT CAN HAVE DISASTROUS CONSEQUENCES... BUT WHEN IT HITS YOUR LIVER SLOWLY AND IN SMALL AMOUNTS (AN APPLE) THEN YOUR BODY CAN EASILY TAKE CARE OF THE FRUCTOSE.**

Also, let’s not forget the evolutionary argument... humans and pre-humans have been eating fruit for millions of years. The human body is well adapted to the small amounts of fructose found in nature.

**WHEREAS LARGE AMOUNTS OF ADDED SUGAR ARE HARMFUL TO MOST PEOPLE, THE SAME CAN NOT BE SAID FOR FRUIT. PERIOD.**
Fruits Contain Lots of Fiber, Vitamins, Minerals and Antioxidants

Of course, fruits are more than just watery bags of fructose.
There are lots of nutrients in them that are important for health. This includes fiber, vitamins, minerals, as well as a plethora of antioxidants and phytonutrients.

**Fiber**, especially soluble fiber, has many benefits. This includes reduced cholesterol levels, slowed absorption of carbohydrates and increased satiety. Plus there are many studies showing that soluble fiber can contribute to weight loss (7, 8, 9, 10).

Fruits tend to be high in several vitamins and minerals... especially *Vitamin C*, Potassium and Folate, which many people don’t get enough of.

Of course, “fruit” is an entire food group. There are dozens (or hundreds) of different fruits found in nature and the nutrient composition can vary greatly between the different types of fruit.

It makes sense that if you want to maximize the health effects, then focus on the fruit with the greatest amount of fiber, vitamins and minerals compared to the sugar and calorie content.

It is also a good idea to switch things up and eat a variety of fruits, because different fruits contain different nutrients.

**Bottom Line:** Fruits contain large amounts of important nutrients, including fiber, vitamins, minerals and various antioxidants and phytonutrients.

**Most of The Human Studies Show Health Benefits**

Multiple observational studies have shown that people who eat more fruits and vegetables have a lower risk of many diseases.
Many of the studies pool together fruits and vegetables, while some look at fruits directly.

One review of 9 studies found that the risk of heart disease reduced by 7% for each daily portion of fruit (11).

A study on 9,665 adults in the U.S. found that fruit and vegetable intake was associated with a 46% lower risk of diabetes in women, but there was no difference in men (12)

One study that looked at fruits and vegetables separately found that vegetables were associated with a reduced risk of breast cancer, but not fruit (13).

There are many other studies showing that fruit and vegetable consumption is associated with a lower risk of heart attacks and stroke, the two most common causes of death in Western countries (14, 15).

One study looked at how different types of fruit affect the risk of type II diabetes. Those who consumed the most grapes, apples and blueberries had the lowest risk, with blueberries having the strongest effect (16).

However, a problem with these types of studies is that they can not separate correlation from causation... that is, that the fruit caused the lower risk of the disease.

Because everyone “knows” that fruits are healthy, people who eat more of them are going to be more health conscious overall and less likely to smoke, more likely to exercise, etc.

That being said, there are also a few randomized controlled trials (real human experiments) showing that increased fruit intake can lower blood pressure, reduce oxidative stress and improve glycemic control in diabetics (17, 18).

Overall, it seems clear from the data that fruits do have significant health benefits.

**Bottom Line:** There are many studies showing that fruit intake is associated with a lower risk of serious diseases like heart disease, stroke and type II diabetes.
Eating Fruit Can Help You Lose Weight

One thing that is often forgotten when discussing the sugar and carb content of fruit... they are also incredibly fulfilling!

Because of the fiber, the water and all the chewing, fruits are very satiating, calorie for calorie.

The satiety index is a measure of how much different foods contribute to satiety.

Fruits like apples and oranges are among the highest scoring foods tested, even more satiating than beef and eggs (19).

What this means, is that if you increase your intake of apples or oranges, chances are that you will feel so full that you will automatically eat less of other foods.

There is also one interesting study that demonstrates how fruits can contribute to weight loss (20).

In this study, 9 men were placed on a diet that consisted of nothing but fruit (82% of calories) and nuts (18% of calories) for 6 months.
Not surprisingly, the men lost significant amounts of weight. The men who were overweight lost more than those who were at a normal weight.

Overall, given the strong effects fruits can have on satiety, it seems perfectly logical that replacing other foods (especially junk foods) with fruit could help people lose weight over the long term.

**Bottom Line:** Fruits like apples and oranges are among the most fulfilling foods you can eat. Eating more of them should lead to an automatic reduction in calorie intake.

**When Fruit Should be Avoided**

Even though fruit is healthy for most people, there are some reasons I can think of not to eat them.

One obvious reason is some sort of intolerance. For example, eating fruit can cause digestive symptoms in people with fructose intolerance.

The other reason is being on a very low-carb / ketogenic diet. The main goal of these diets is to reduce carbohydrates sufficiently for the brain to start using mostly ketone bodies instead of glucose for fuel.

For this to happen, it is necessary to restrict carbs to under 50 grams per day, sometimes all the way down to 20-30 grams.
Given that just a single piece of fruit can contain more than 20 grams of carbs, it is obvious that fruits are inappropriate for such a diet. Even just one piece of fruit per day could easily knock someone out of ketosis.

**Health Benefits of Apple**

- Bone Protection
- Asthma Help
- Lung, Breast, Colon, Liver Cancer Prevention
- Alzheimer’s Prevention
- Lower Cholesterol
- Diabetes Management
- Weight Loss

**Substitute**

sugar → apple sauce

**BOTTOM LINE:** THE MAIN REASONS TO AVOID FRUIT INCLUDE SOME SORT OF INTOLERANCE, OR BEING ON A VERY LOW-CARB / KETOGENIC DIET.
Fruit Juices and Dried Fruits Are Always a Bad Idea

First always use 100% fruit juice with no added sugar or synthetic chemicals. Fresh is best.

Most fruit juice has too much sugar and needs to be diluted at least 50% with good clean water.

You can drink a glass of this diluted juice once every four hours, and drink water or slightly flavored water in between.

Do not be afraid to mix fruit and vegetable juices.
Even though whole fruits are very healthy for most people, the same can NOT be said for fruit juices and dried fruit.

Many of the fruit juices on the market aren’t even “real” fruit juices. They consist of water, mixed with some sort of concentrate and a whole bunch of added sugar.

But even if you get 100% real fruit juice, it is still a bad idea.

There is actually a lot of sugar in fruit juice, about as much as a sugar-sweetened beverage.

However, there is no fiber and chewing resistance to slow down consumption, making it very easy to consume a large amount of sugar in a short period of time.

Dried fruits (like raisins) can be a problem as well. They are very high in sugar and it is easy to consume large amounts.

Smoothies are somewhere in the middle. If you put the whole fruit in the blender, then it’s much better than drinking fruit juice, but not as good as eating whole fruit.

For 99.99 Percent of People, Fruit is Super Healthy

If you can tolerate fruit and you’re not on a low-carb/ketogenic diet, then by all means eat fruit... preferably as parts of a healthy, real food based diet that includes animals and plants.

At the end of the day, fruits are “real” foods. They are highly nutritious and so fulfilling that eating them can help you feel more satisfied with less food.

The majority of people would see great health benefits by replacing some of the crap they are eating with fruit.
Health Benefits for Energize:

- Kale juice provides a large nutrient punch with one of the fewest calorie counts per cup of any other vegetable. The vitamin A in it is essential for vision health and maintaining healthy skin, and the vitamin C in it is necessary to keep your body’s tissue healthy. Not to mention it’s a rich source of calcium, which is essential for strong bones. This super-food is also packed with tons of other great vitamins and minerals including: manganese, copper, potassium, iron, magnesium, omega 3 fatty acids and many, many more.

- Cucumber juice contains alkaline-forming minerals and effectively regulates the body’s blood pH while neutralizing acidity. It is also a natural diuretic, meaning it encourages waste removal through urination.

- Apple juice helps boost energy levels, is a great weight loss booster and helps reduce cholesterol.

- Celery juice improves detoxification, aids in successful elimination of the body’s waste, and is high in vitamins A, B1, B2, B6 and C. Also, it helps suppress appetite making it a dieter’s bff.

- Lemon juice fights aging symptoms like blackheads and wrinkles.
Apple juice contains phytonutrients which help reduce the chances of artery blockage.

Here is the nutritional value of apple juices:
- Calories: 114
- Protein: 0.1g
- Sodium: 7 mg
- Calcium: 2%
- Sugar: 27.0g
- Vitamin C: 172%
- Dietary Fiber: 0.2g
- Carbohydrates: 29.0g

Apple juice boosts the immune system, reduces free radical damage, is packed with vitamin A & C, calms hiatal hernia, can aid in weight loss, quenches thirst, lubricates the lungs, contains flavonoids, contains soluble fiber, contains antioxidants, aids a good nights sleep, can aid against cancers, cleans and whitens teeth, controls insulin levels, reduces skin diseases, reduces cholesterol, controls insulin levels, boron for healthy brain, kills mouth bacteria, strengthens the heart, aids acid reflux.

Reasons to bite me.
Healthy Baked Apple Chips

1 1/2 Tbsp of cinnamon
1/2 Tbsp apple pie spice
1/4 tsp unrefined salt
3 organic apples, cored

Preheat oven to 200. Core apples & slice as thin as possible. Can also use a mandoline. In a bowl, mix together the spices & salt. Toss the apple slices in the spice mixture to coat. Place apples on a parchment lined baking sheet & bake for 30 minutes. Then check the apples & flip them. Bake for another 30-45 minutes or until crispy. Let cool & enjoy!

An apple a day... keeps the doctor away.

Eat at least Five servings of fruits and Vegetables a day, use Vegetables as the Center of the Meal

Remember: do not eat foods boiled in oil, get good cold processed vegetable oils and thus good Fatty acids, not trans or cooked or animal oils. Eat only Levulose (fructose fruit sugars) not Dextrose (Cane, Corn, Potatoe, Grape sugar). Wellness is your Reward