



# All About Apples

TKS Nutrition, LLC  
Healthy Habits for Life



## Fun Facts About Apples

- ✓ More than 2,500 varieties of apples are grown in the United States, but only the crabapple is native to North America.
- ✓ Apples are grown in all 50 states.
- ✓ Apple trees take four to five years to produce their first fruit.
- ✓ Apples ripen six to 10 times faster at room temperature than if they are refrigerated.
- ✓ Apples are a member of the rose family.
- ✓ The top apple producers around the world are China, United States, Turkey, Poland and Italy.
- ✓ A peck of apples weighs 10.5 pounds. A bushel of apples weighs about 42 pounds.
- ✓ It takes about 36 apples to create one gallon of apple cider.

## Take A Healthy Bite

- ↳ Apples are also low in calories, have only a trace of sodium, and no fat or cholesterol.
- ↳ High in polyphenols, which function as antioxidants
- ↳ Apples are loaded with vitamin C. Almost half of an apple's vitamin C content is just under the skin, so it's a good idea to eat apples with their skins.
- ↳ In addition to digestion-aiding insoluble fiber, apples have soluble fiber, such as pectin. This nutrient helps prevent cholesterol from building up in the lining of blood vessels, which in turn helps prevent atherosclerosis and heart disease.

<b>Nutrition Facts</b>	
Serving Size 1 medium apple (138g)	
Servings Per Container: 1	
<b>Amount per serving</b>	
<b>Calories 81</b>	Calories from Fat 5
	% Daily Value*
<b>Total Fat 0.5g</b>	1%
Saturated Fat 0g	0%
<b>Cholesterol 0g</b>	0%
<b>Sodium 0mg</b>	0%
<b>Total Carbohydrate 21g</b>	7%
Dietary Fiber 4g	
Sugars 18g	
<b>Protein 0g</b>	
Vitamin A 1%	Vitamin C 13%
Calcium 1%	Iron 1%

## Handling and Cooking Tips

### Selection

- ✓ Select apples that are firm to the touch, have a good aroma and are free of skin breaks and bruises.
- ✓ Handle them gently to prevent bruising.

### Storage

- ✓ Refrigerate apples as soon as possible to slow ripening and maintain flavor. Properly-refrigerated apples can keep anywhere from 4-6 weeks.
- ✓ Store apples away from strong-smelling foods to prevent them from absorbing unpleasant odors.

### Preparation

- ✓ Wash each apple under cool, running water and dry with a clean paper towel before serving.
- ✓ Don't wash until just before using to prevent spoilage.

## Browning Prevention

- ✓ Cut and coat apple slices and dices in vitamin C-fortified 100% apple juice, in a mixture of one part lemon juice to three parts water, or in a commercial, anti-browning product to prevent browning.
- ✓ Eat within two hours, or refrigerate immediately until use.

## Apple Variety Guide

	<b>Breaburn</b> 	<b>Crispin</b> 	<b>Empire</b> 	<b>Fuji</b> 	<b>Gala</b> 
<b>Flavor</b>	Sweet / tart/ spicy	Sweet	Sweet / tart	Sweet	Sweet / spicy
<b>Color</b>	Greenish-gold with red	Green – yello	Solid red	Red blush, yellow	Pink / Red-orange
<b>Texture</b>	Firm	Firm	Crisp	Crisp / Firm	Crisp
<b>Best Uses</b>	Snacking, baking, salads, pies, freezing	Snacking, pies	Snacking, salads	Snacking, salads, freezing, baking	Snacking, salads, freezing
<b>Season</b>	Oct – July	Oct – Sept	Sept – July	Year round	Year round

	<b>Ginger Gold</b> 	<b>Golden Delicious</b> 	<b>Granny Smith</b> 	<b>Honey Crisp</b> 	<b>Idared</b> 
<b>Flavor</b>	Sweet / Tart	Sweet	Tart	Sweet / Tart	Sweet / Tart
<b>Color</b>	Green-yellow, sometimes with blush	Yellow-green	Green, occasional pink blush	Mottled red over a yellow background	Light red
<b>Texture</b>	Crisp	Crisp	Crisp	Crisp and juicy	Firm
<b>Best Uses</b>	Snacking, salads	Snacking, salads, sauce, pies, baking	Salads, pies, sauce, baking, freezing	Snacking, salads, sauce	Snacking, baking
<b>Season</b>	Aug – Nov	Year round	Year round	Sept – April	Oct – Aug

	<b>Jonagold</b> 	<b>McIntosh</b> 	<b>Pink Lady</b> 	<b>Red Delicious</b> 	<b>Rome</b> 
<b>Flavor</b>	Sweet / tart	Tangy	Tangy / tart	Sweet	Sweet
<b>Color</b>	Red with yellow/ orange	Red and green	Pink blush over yellow	Striped to solid red	Deep, solid red
<b>Texture</b>	Crisp	Tender	Firm	Crisp	Firm
<b>Best Uses</b>	Snacking, salads, sauce, pies	Snacking, sauce, pies	Snacking, salads, sauce	Snacking, salads	Sauce, baking, pies
<b>Season</b>	Oct – July	Sept – June	Nov – Aug	Year round	Oct - Sept