

# Heart to the Core

## Apples Provide a Breath of Fresh Air

Apples contain quercetin, an antioxidant found in the skin that supports lung health. Women who regularly eat apples may have better lung function and are less likely to have children with asthma.

## Beat Diabetes with Apples

Regular apple consumption has been linked to a lower risk of type 2 diabetes. Their antioxidants, including anthocyanins, help support healthy blood sugar levels.

## Diversify Your Daily Snack

Apples are one of the most diverse fruits. There are over 2,000 varieties in the United States alone. You could eat a different apple every day for years without repeats.

## Apples Lead to a Better Memory

Apples may support brain health by increasing acetylcholine, a chemical that helps nerve cells communicate. This may help protect memory and reduce the risk of Alzheimer's disease.

## Apples for a Better Belly

Apples are high in fiber, making them great for digestion. They help regulate bowel movements and ease bloating, constipation, and abdominal discomfort.

## Apples with Appeal

Do not peel your apples. Nearly 80 percent of their antioxidants and much of their fiber are found in the skin. Red Delicious apples rank especially high in protective polyphenols.

## Boost Your Long Workouts

Apples provide low glycemic carbohydrates that deliver steady energy. They are a refreshing, crunchy snack that helps fuel longer workouts without spikes or crashes.