

 Health Minute

How 'bout them apples...

Does an apple a day really keep the doctor away? Studies at the University of California- Davis think so. They found that adults who added two apples or 12 ounces of 100% apple juice to their diet experienced significant slowing of the LDL-C oxidation process. This means that the body has more time to get rid of bad cholesterol before it becomes gooey plaque that blocks arteries. Apples help more than arteries – they can decrease your risk for other diseases such as lung, colon, and prostate cancer, diabetes, and stroke.

*Insert picture of apples here*

<u>Health Benefits of Apples</u>	<u>Ingredients for health</u>
<ul style="list-style-type: none"><li>♥ Improve bowel function</li><li>♥ Reduce risk of stroke</li><li>♥ Lower blood cholesterol</li><li>♥ Promote weight loss</li><li>♥ Reduce risk of diabetes</li><li>♥ Reduce risk of asthma</li></ul> <p style="text-align: center;">♥</p>	<ul style="list-style-type: none"><li>♥ Quercetin – prevents growth of prostate cancer cells</li><li>♥ Flavonoids – inhibit growth of colon and lung cancer cells</li><li>♥ Fiber – aids digestion and weight loss</li><li>♥ Tannins – prevent gum disease</li></ul>