

Benefits of eating apples

Here are just four of the benefits apples provide



1. Apples may help you lose weight. A medium-sized apple contains only about 95 calories but it packs 4.4 grams of fiber (about 18 percent of the minimum daily target) and boasts a high water content. Therefore, it will fill you up — but without all the added calories. Indeed, a 2016 study of 124,000 people published in the *British Medical Journal* (BMJ) found a relationship between a diet rich in flavonoids and weight control. Among the foods making the biggest difference were apples, which contain flavonoid polymers, a beneficial plant compound.

2. Apples may lower your risk of cancer. Researchers at Cornell University have identified several compounds — triterpenoids — in apple peel that can inhibit or kill cancer cells in laboratory cultures. “We found that several compounds have potent anti-proliferative activities against human liver, colon and breast cancer cells and may be partially responsible for the anticancer activities of whole apples,” said Rui Hai Liu, then a Cornell associate professor of food science, in a written statement in 2007. Researchers also have noted that the fiber in apples may be beneficial in reducing the risk of colorectal cancer. Underscoring these findings is a review of several studies published in 2016 that associated the consumption of apples with a lower risk of cancer.

3. Apples may also lower your risk of diabetes. Various studies have pointed to a connection between apple consumption and a lower risk of type 2 diabetes. Why? One reason may be the antioxidants in apples, which offer a wide range of health benefits. In addition, apples are packed with quercetin, a plant pigment that keeps insulin resistance at bay by helping the body secrete insulin more efficiently. Insulin resistance is a powerful predictor of future development of type 2 diabetes. Apples are “filled with antioxidants, and also there’s fiber in the fruit that naturally slows the digestion of the sugars,” Karen Ansel, a registered dietician nutritionist, said. In addition, a 2017 study of about 500,000 people in China found that those who ate fruit daily — including apples — were 12 percent less likely to get type 2 diabetes than those who never or rarely ate fruit.

4. Apples help clean your teeth. Apples act as a toothbrush, cleaning teeth and killing bacteria in the mouth, which may reduce the risk of tooth decay.

While an apple a day will go a long way toward keeping the doctor away, most nutritionists recommend a varied diet. In addition to apples, fill your shopping cart with citrus fruits, tropical treats like mangos, and a variety of berries, which pack a nutritional punch. Eating several servings of a varied selection of fruits each day is truly the best way to keep the doctor away.



*This healthy living information is provided by
your Doctor of Chiropractic and the
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