



AN APPLE A DAY

Why a daily apple keeps you healthy and lean

There may well be some truth to the adage “an apple a day keeps the doctor away”, according to a new report from the CSIRO. The 2010 Apple Report shows that eating an apple every day can reap a host of health benefits, including reducing the risk of asthma, managing allergies and helping to keep weight under control. “There is good evidence that eating apple polyphenols (equivalent to three apples a day) may lower cholesterol”, says Associate Professor Manny Oakes, author of the CSIRO Total Wellbeing Diet. “Apples may also have a possible role in reducing the risk of type 2 diabetes, with studies showing women who eat an apple a day having a 28 percent reduced risk of this condition.” Apple peel contains the highest level of polyphenols and antioxidant activity, so to get the greatest health benefit it’s best to eat the whole apple, advises dietitian Karen Kingham.

Nicola Conville (Sunday Mail – 1 August 2010)