



EATING 101

RU DINING HEALTHY?



A Weekly Newsletter Brought to You by the RU Healthy Dining Team-
A Joint Program Between RU Dining Services and The Department of Nutritional Sciences








An Apple a Day *May* Keep the Doctor Away

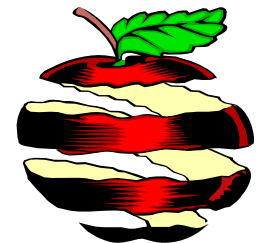
Get a bite out of this: One medium-sized apple (with its peel) has four grams of dietary fiber and just 80 calories. That's about 15% of the recommended daily amount of fiber for adults! The soluble fiber in apples helps to lower blood cholesterol levels. The insoluble fiber helps move food quickly through the digestive system, possibly reducing the risk of colon cancer. An apple's high fiber content also helps maintain steady glucose (blood sugar) levels by slowing the absorption of glucose from dietary carbohydrates.

What else makes apples so "a-peeling"? Recent studies have shown that apples, especially their peels, are packed with the flavonoid, quercetin. As a powerful antioxidant, quercetin may prevent the cell damage that can lead to many diseases.

What's at its core? This crunchy sweet fruit contains potassium and calcium. It also contains vitamin C, which is located just under the skin. This is another good reason to leave the peel on.

Here are some "apple-tizing" ways to include an apple in your day:

-  Add chopped apples to a garden, chicken, or tuna salad.
-  Layer apple slices, yogurt and granola for an apple parfait.
-  Crunched for time? Grab an apple to go.
-  Spoon warm applesauce over frozen yogurt to make an apple sundae.
-  Substitute apple slices for jelly on peanut butter sandwiches.
-  Mix chunks of apple into your waffle batter.
-  Craving a sweet treat? Sprinkle apple slices with cinnamon.



Find the Apple of your Eye at the Dining Hall!

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References: http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_4236_ENU_HTML.htm. Accessed on March 27, 2009.

<http://urbanext.illinois.edu/apples/nutrition.html>. Accessed on March 27, 2009.

Questions? E-mail the RU Healthy Dining Team at peggyp@rci.rutgers.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis, and past newsletters, view our web page at <http://food.rutgers.edu>