

October

Dietitian's Choice

National Apple Month!

- Both the inside and the skin of an apple are great sources of soluble and insoluble fiber.
- Naturally low in calories, fat, and sodium.
- Apples are packed with lots of antioxidants proven to reduce your risk of chronic diseases. An apple a day really can keep the doctor away!



Try dipping your apples in peanut butter or nut butter topped with crunchy granola.

Fun Fact:
The science of apple growing is called pomology (the science of growing fruit).

Quick Fact:
There are 7,500 varieties of apples grown around the world.