

## Apple Juice, Apples Get an A+ from Researchers

(NAPSA)—Heard the saying “an apple a day keeps the doctor away?” Now scientific research finds that 100 percent apple juice can, too.

University of California-Davis researchers have discovered that “phytonutrients” (active plant components) in apple juice and apples help slow the oxidation of “bad” (LDL) cholesterol that can lead to clogged arteries and heart disease.



**New research has found that apple juice and other apple products can have a positive impact on heart-health.**

Evaluating 25 adults over 12 weeks, UC-Davis researchers found that daily consumption of 1½ cups apple juice or two apples slowed the detrimental LDL oxidation process. This first-ever clinical study of apple products, published in the *Journal of Medicinal Food*, is another reason why 100 percent apple juice and apple products should be among everyone's five daily servings of fruits and vegetables.

For more information on the healthfulness of apple products, visit [www.applejuice.org](http://www.applejuice.org), [www.appleproducts.org](http://www.appleproducts.org) or [www.usapple.org](http://www.usapple.org).

### APPLE JUICE JIGGLERS

Nonstick cooking spray  
1½ tbsp. unflavored gelatin  
¾ cup water  
1 6-oz. can frozen apple  
juice concentrate

Lightly coat 9x5" loaf pan with spray. Pour water into a saucepan. Add the gelatin and stir mixture over low heat until gelatin dissolves; remove from heat. Add apple juice concentrate and mix well; pour into loaf pan. Cover and refrigerate until set (2-3 hours). Cut into desired shapes and serve.