

Get Apple Healthy For The Whole Body

(NAPSA)—Good carbs, bad carbs, low fat, antioxidants—how can you keep it all straight? It may be easier than you think. Simply take the whole body health approach instead of looking for that magic bullet.

That means choosing foods that contribute to the health of your whole body, such as apple sauce and apple juice. You're probably familiar with the saying, "an apple a day keeps the doctor away," now learn why.

Five A Day For Better Health—Apples and apple products are a smart way to satisfy one of your recommended five to nine servings of fruits and vegetables. According to the USDA Food Guide Pyramid, one serving equals:

- 1 medium apple
- ½ cup apple sauce
- 6 oz 100 percent apple juice

In addition, apples and apple products contain:

Potent Antioxidants—Scientists are excited about research suggesting that plant-based compounds called phytonutrients are antioxidants with health-promoting potential. These natural substances are found in fruits and vegetables, including apples, and help guard our bodies against free radicals—oxygen molecules that may cause cell damage that leads to cancer, heart disease and other health conditions.

Heart-Healthy Fiber—Apples are a good source of dietary fiber, which may reduce the risk of heart disease and some types of cancer. A serving of Mott's apple sauce contains 1 gram of soluble fiber.

Vitamin C—Vitamin C is an antioxidant that supports a healthy immune system. Mott's apple sauce and juice are both



A delicious, fruitful and easy-to-do dessert, the Big Dipper may become the apple of your eye.

excellent sources of Vitamin C, providing 20 percent of your recommended daily value (DV).

Potassium—Potassium is important in the regulation of blood pressure. Additionally, potassium is an electrolyte that can help active kids maintain fluid balance. Apple sauce contains two percent DV of potassium while apple juice contains six percent DV of potassium.

How can you get on track toward healthier snacking? Mott's nutritionist, Casey Lewis, MS, RD suggests, "Stock your kitchen with healthy choices including fruits and vegetables, whole-grain foods and low-fat dairy products. Soon it will become a habit for you and your family to reach for healthy foods when you're hungry!"

Appetizing Snack Ideas:

Fast Easy Smoothie—Mix equal parts (approximately ½ cup each) Mott's Original apple sauce, apple juice and plain or vanilla yogurt for a blender-less smoothie

Apple Giggles—Prepare plain, unflavored gelatin using apple juice in place of water.

Waffle PB & A—Spread toasted waffles with 1-2 Tbsp. peanut butter, top with approximately ½ cup Mott's Natural apple sauce.

Apple Sauce Split—Place peeled, split banana in shallow bowl—dollop with 2 Tbsp. of light whipped cream cheese, top with ½ cup chunky apple sauce and a cherry.

Saucy Pops—Freeze single serve apple sauce cups. Open and enjoy like ice cream cups.

Lemon Applesade—Freeze apple juice in ice cube trays. Use frozen cubes to chill and flavor lemonade or other drinks.

Or try this delicious recipe:

THE BIG DIPPER

- ½ cup Mott's Healthy Harvest Country Berry apple sauce
- ½ cup low-fat vanilla or plain yogurt
- 2 cups fresh fruit chunks
- 8 Bamboo skewers

To prepare dip, blend apple sauce with yogurt in small bowl until thoroughly combined. Divide fruit chunks evenly and place on skewers to form fruit kabobs. Place kabobs on serving plate with dip alongside. Cover and chill until ready to serve.

Makes 8 servings

Nutrition Information Per Serving: 35 calories; 0 g fat; 0 mg cholesterol; 15 mg sodium; 8 g carbohydrate; <1 g fiber; 1 g protein.

More apple information and recipe ideas are available at www.getapplehealthy.com.