

# Apples



## Key Points

- ▶ Good source of fiber and vitamin C. Contain carotenoids and flavonoids that may be good for health.
- ▶ Choose firm, shiny, smooth-skinned apples with intact stems. Should smell fresh, not musty.
- ▶ The No. 1 trick to get kids to eat apples? Slice them!
- ▶ Fruits and vegetables that will be eaten raw should be kept separate from other foods, such as raw meat, poultry, or seafood.

## Quick Tips

- ▶ Try dipping apple slices into peanut butter or low-fat yogurt. Sprinkle with sliced almonds, coconut, or dried fruit for a fun snack.
- ▶ Adding diced apples to pork chops or roasted chicken recipes is a great way to add nutrition with great flavor.
- ▶ Refrigerate apples in perforated plastic bag away from foods with strong odors. Use within three weeks. Can be stored at room temperature, but use within seven days.
- ▶ Wash thoroughly under running water before eating, cutting, or cooking.

## Apple Carrot Salad

Number of servings: 4

### Ingredients:

6 carrots, shredded  
2 red apples, chopped  
1/3 cup raisins  
6 ounces vanilla low-fat yogurt

### Directions:

1. In a medium bowl, mix together carrots, apples, raisins, and yogurt.
2. Cover and refrigerate for several hours or until chilled before serving.

**Per serving:** 160 calories; 1 g fat (trace saturated fat); 4 g protein; 37 g carbohydrate; 6 g dietary fiber; 2 mg cholesterol; 67 mg sodium.

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