

# Apples

## Key Points

- For the best buy, choose firm apples that have smooth, bright skins with no bruises.
- To prepare fresh apples, rinse and remove stems.
- To store fresh apples, put them in a plastic bag and keep in the refrigerator for 3 to 4 weeks.
- Apples contain fiber, which helps to keep you regular.



## Applesauce

### Ingredients:

6 apples  
1 teaspoon cinnamon (optional)

### Directions:

1. Core and dice apples.
2. Place apples, cinnamon and 1 cup of water into a medium pot.
3. Bring apples to a boil over high heat, stirring often.
4. Turn heat to medium and simmer for 30 minutes or until the apples are very soft. Stir often.
5. Leave lumpy or mash with a fork for a smoother sauce.
6. Serve warm or chilled.
7. Refrigerate leftovers.

**Makes 6 servings.**

## Apple and Pear Stir-Fry

### Ingredients:

2 teaspoons vegetable oil  
2 apples, chopped  
1 pear, chopped  
2 tablespoons lemon juice  
1/2 teaspoon cinnamon  
1/8 teaspoon ground nutmeg

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add apples and cook for 3 minutes.
3. Add pears and lemon juice. Cook for another 3 minutes.
4. Sprinkle cinnamon and nutmeg. Continue to cook for another 3 minutes.
5. Serve immediately.
6. Refrigerate leftovers.

**Makes 6 servings.**

*Adapted from [www.diabetic-recipes.com](http://www.diabetic-recipes.com)*

## Quick Tips

- Squeeze lemon juice over cut apples to keep them from turning brown.
- Carry an apple with you for a quick snack.
- Serve sliced apples with peanut butter or slices of cheese.
- Remember to rinse all fruits and vegetables before using.

*Just Say Yes* to Fruits and Vegetables

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
Applesauce

**Recipe Name:**  
Apple and Pear Stir Fry

<b>Nutrition Facts</b>			
Serving Size (182g)		Servings Per Container	
Amount Per Serving			
<b>Calories 90</b>	<b>Calories from Fat 5</b>		
	% Daily Value*		
<b>Total Fat 0g</b>		<b>0%</b>	
Saturated Fat 0g		<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 0mg</b>		<b>0%</b>	
<b>Total Carbohydrate 25g</b>		<b>8%</b>	
Dietary Fiber 4g		<b>16%</b>	
Sugars 19g			
<b>Protein 0g</b>			
<b>Vitamin A 2%</b>	•	<b>Vitamin C 15%</b>	
<b>Calcium 2%</b>	•	<b>Iron 2%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	•	Carbohydrate 4 • Protein 4

1. Start with the serving size.

2. Check calories.

3. Limit these:  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

4. Get enough of these:  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (95g)		Servings Per Container	
Amount Per Serving			
<b>Calories 60</b>	<b>Calories from Fat 15</b>		
	% Daily Value*		
<b>Total Fat 1.5g</b>		<b>2%</b>	
Saturated Fat 0g		<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 0mg</b>		<b>0%</b>	
<b>Total Carbohydrate 13g</b>		<b>4%</b>	
Dietary Fiber 3g		<b>12%</b>	
Sugars 9g			
<b>Protein 0g</b>			
<b>Vitamin A 0%</b>	•	<b>Vitamin C 10%</b>	
<b>Calcium 0%</b>	•	<b>Iron 0%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	•	Carbohydrate 4 • Protein 4

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

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