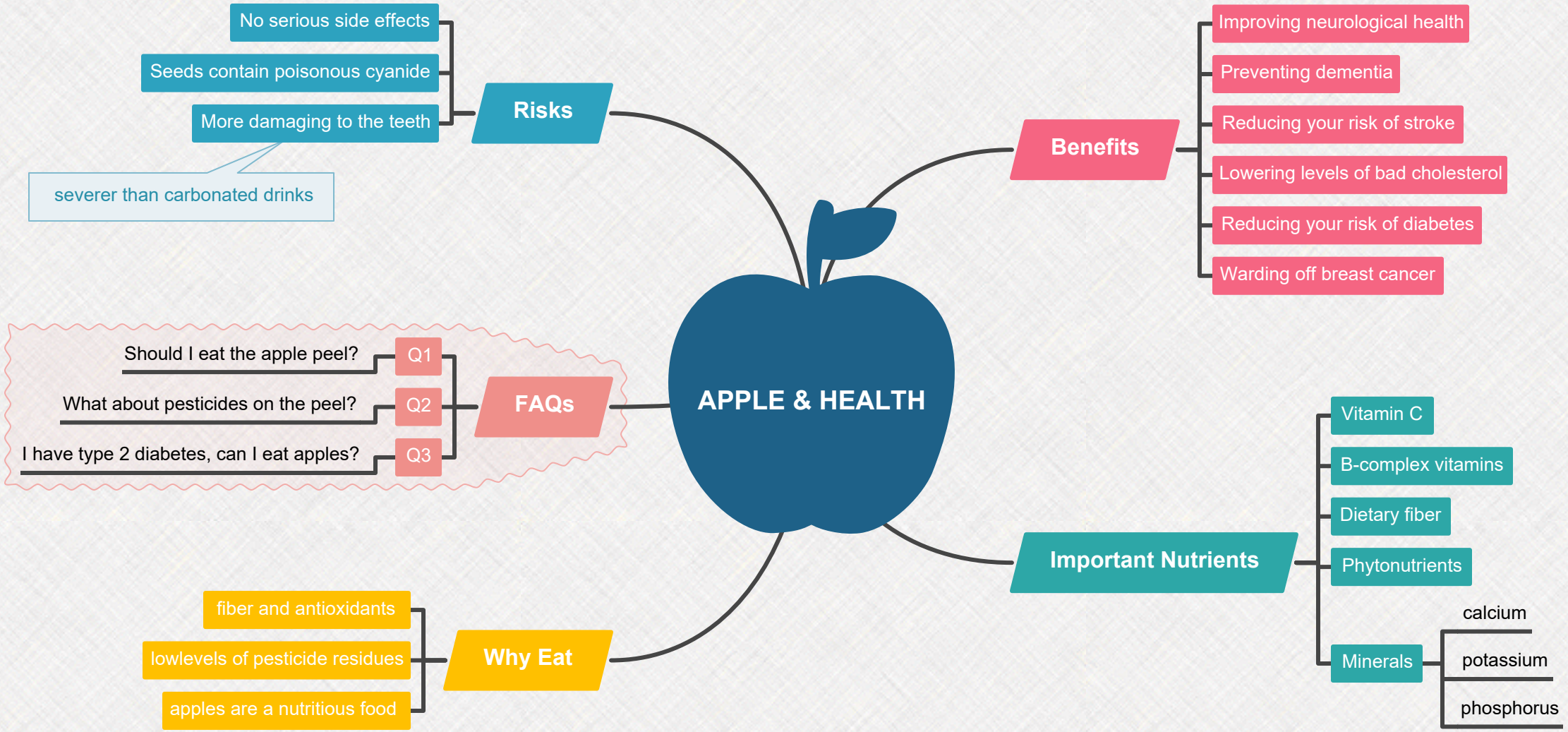
APPLE & HEALTH
Risks
No serious side effects
Seeds contain poisonous cyanide
More damaging to the teeth
severer than carbonated drinks
Benefits
Improving neurological health
Preventing dementia
Reducing your risk of stroke
Lowering levels of bad cholesterol
Reducing your risk of diabetes
Warding off breast cancer
FAQs
Q1
Should I eat the apple peel?
Q2
What about pesticides on the peel?
Q3
I have type 2 diabetes, can I eat apples?
Why Eat
fiber and antioxidants
lowlevels of pesticide residues
apples are a nutritious food
Important Nutrients
Vitamin C
B-complex vitamins
Dietary fiber
Phytonutrients
Minerals
calcium
potassium
phosphorus