



Apples

Qualified Health Claims

- Fiber helps the digestive system work optimally
- Apples contain quercetin. An antioxidant that has anti-inflammatory, anti-viral, and anti-depressive effects
- Quercetin helps with blood flow
- Vitamin C helps promote a healthy immune system

Nutrition Information

- Fiber
- Vitamin C
- Quercetin (antioxidant)

Chronic- Diet Related Illness

- Fiber helps remove excess LDL cholesterol
- Fiber helps with satiety which helps with weight management
- Quercetin's antioxidant properties can help prevent LDL cholesterol oxidation
- Quercetin reduces the risk of stroke, cardiovascular disease, and lowers blood pressure

Dig Deeper

Get more information, register, or download resources:

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Resources

Source text: <http://www.healthline.com/nutrition/foods/apples#section3>

D'Elia et al. (2011). Potassium intake, stroke, and cardiovascular disease a meta-analysis of prospective studies. <https://www.ncbi.nlm.nih.gov/pubmed/21371638>

<http://www.healthline.com/nutrition/foods/apples#section5>

<https://www.globalhealingcenter.com/natural-health/health-benefits-of-quercetin/>

Edwards et al. (2007). Quercetin reduces blood pressure in hypertensive subjects. *Journal of Nutrition*. Nov;137(11):2405-11. Retrieved from: <https://www.ncbi.nlm.nih.gov/pubmed/17951477>



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

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