

Nutritional Benefits of Apple Products



Apple Products: Better Than Ever

Quietly virtuous

The nutritional benefits of apple juice (as well as applesauce and many other apple products) are often underestimated because these foods are "quietly virtuous." When closely evaluating the nutritional composition of apple juice and other apple products, it becomes apparent that the lack of fat, cholesterol and sodium are just a few of the many reasons these products are an important part of a healthful dietary regimen.

Full of phytonutrients

Research studies around the world are now uncovering the wide array of phytonutrients that are contained in fruits and vegetables that make them an important part of a nutritious diet. These nutrients offer many benefits, not unlike the antioxidants we hear so much about. In fact, university research (see research studies listed below) is just now finding that apple juice contains the same important phytonutrients as whole apples (e.g., quercetin, numerous other flavonoids). These nutrients are why a juice directly from the fruit, such as 100% apple juice, offers many of the natural nutrition benefits. In fact, recent research suggests that it is the antioxidants that are plentiful in apple juice which are responsible for improving cognitive function. To learn more about this research, [click here](#). Research has shown that apples are a rich source of antioxidants; Cornell University researchers reported in the journal Nature in 2000 that one apple packs more cancer-fighting antioxidant capability than a 1,500-milligram dose of vitamin C.

Readily accepted source of energy and essential fluids

Fruit sugars such as those found in apple products serve as an immediate source of energy. And because apple products taste so good, they are readily consumed by infants and children. Apple juice also serves as an excellent means of providing essential fluids to the body, and is unlikely to cause allergic reactions.

Fruit Exchange

Apple products have a nutrient/calorie ratio superior to many of the alternative snacks being consumed by children. One serving of apple juice (4-6 ounces) or unsweetened applesauce (1/2 cup) serves as a fruit exchange, according to the meal planning guidelines published jointly by the American Dietetic Association and American Diabetes Association. Similarly, the U.S. Department of Agriculture's (USDA) Food Guide Pyramid states that 100% juice can be substituted for other fruits.

In keeping with recent health professionals' recommendations to increase servings of fruits and vegetables and reduce the amount of fat in the diet, apple products can make an important contribution to a well-balanced diet. ([See how Beverages Fit In The Food Guide Pyramid](#))

Most pediatricians recommend apple juice as the first juice for infants

A recent national survey of pediatric health professionals has confirmed that apple juice is most often recommended as the first juice for infants. It is easily accepted and pleasing to infants. Also, since babies love the sweet taste of apple juice, it may help motivate them to use a cup and accept new tastes and foods.

Children and adults alike love apple juice

Information gathered in consumer focus groups demonstrates that apple juice is a taste that both children and adults enjoy. However, 100% fruit juice like apple juice often is not selected because of the advertising hype given to popular beverage alternatives. Apple juice is versatile and can be served chilled, over ice, frozen into fruit pops or even served hot. Too many times, grade schoolers and teenagers forget how much they like apple juice because no one brings it home from the store.



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[Eating Apples and Drinking Apple Juice Today May Protect Brain Health Tomorrow](#)



[pr18.htmlpr18.html](#)

[Apple Components Found To Improve Asthma Risk](#)



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[UC-Davis research with adults finds 100% apple juice, apples good for the heart.](#)



[pr14.htmlpr14.html](#)

[Apple phytonutrients found to provide anti-cancer and anti-oxidant benefits.](#)



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[A new study shows apple juice is good for bad cholesterol](#)



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[Here's what pediatricians say about healthy beverage choices](#)



The AFJA thanks the Apple Products Research & Education Council for providing the above information. For more details on Apple Health and Nutrition please visit the website of:

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The Apple Products Research & Education Council is a non-profit coalition of companies that make and supply products for the processed apples industry.