

Harvest of the Month



Michigan **Nutrition** Network
at Michigan Fitness Foundation

Botanical name: *Malus domestica*



APPLES

Circle all apples on the menu.

- How many did you find?
- How many different ways are apples served?
- How many apples do you plan to eat this week?

APPLE ACTIVITIES

Nutrition Facts

Serving Size: ½ cup apples, sliced (55g)
Calories 28 Calories from Fat 0

% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%

Test Your Apple IQ

(answers are at the bottom of this page)

1. A ½ cup of sliced apples has _____ gram(s) of fiber.
(Hint: Look at the Nutrition Facts label on the right.)
A) zero B) one C) four D) eight
2. Most of the fiber in an apple is found in the _____.
A) flesh B) skin C) core D) stem
3. Which apple variety is grown in Michigan? _____.
A) McIntosh B) Red Delicious C) Golden Delicious D) All three

Reasons to Eat Apples

Apples are a source of fiber. Fiber helps you feel full, helps move food through your body, and helps keep your blood sugar level normal. It is found only in plant foods like fruits, vegetables, grains, nuts, and seeds. Eating fruits, like apples, will help you get the nutrients you need to grow healthy and strong.

Fiber Champions*:

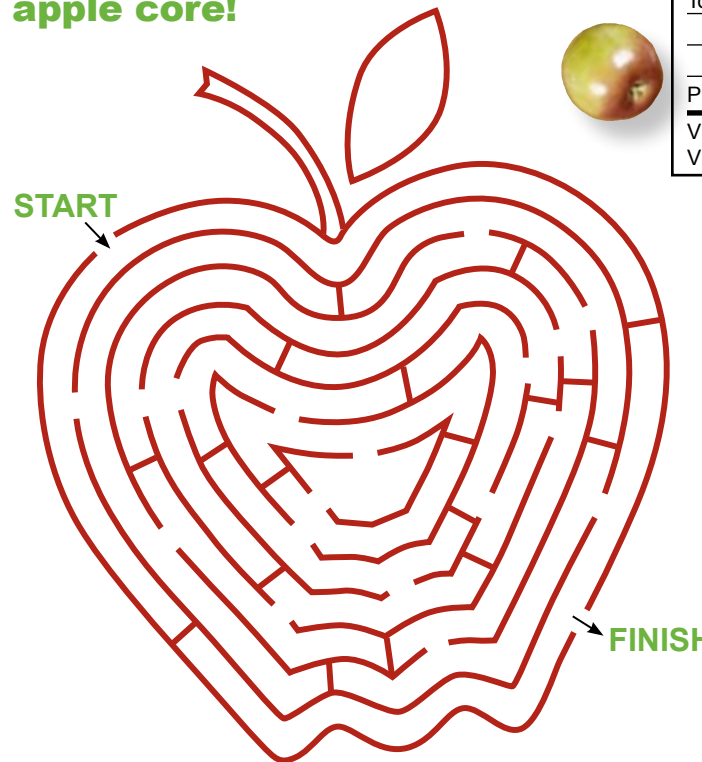
Beans, blackberries, dates, peas, pears, pumpkin, raspberries, whole wheat cereal, and whole wheat bread.

*Fiber Champions are a good or excellent source of fiber.

How Much Do I Need?

A ½ cup of sliced apples is about one cupped handful. This is about the size of half of a small apple. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. All forms of fruits and vegetables count towards your daily amounts – fresh, frozen, canned, dried, and 100% juice. Make a plan to eat plenty of fruits and vegetables every day. And don't forget to be active for at least 60 minutes each day!

Find your way through the apple core!



Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day.

Visit www.choosemyplate.gov to learn more.