

Apples: Take a Bite into Health

When it comes to apples, the good news gets better all the time. Apples can preserve memory and help to prevent asthma, cancer, diabetes, and heart disease.

Researchers at the University of Massachusetts Lowell say the big news about apples right now is its possible ability to keep Alzheimer's disease away. Apples can increase production of the neurotransmitter *acetylcholine*, resulting in improved memory. Neurotransmitters are also vital for good health throughout the body. (The University of Massachusetts study mostly used apple juice.)

Apples are the best source of *quercetin*, an antioxidant that protects brain cells against oxidative stress. This is a tissue-damaging process associated with Alzheimer's disease.

Drinking two cups of apple juice or eating three apples a day boosts production of quercetin. C.Y. Lee, professor and chairman of the Department of Food Science & Technology at Cornell University, says apples are among the best choices for fighting Alzheimer's disease.

Lee says people should eat more apples, especially fresh ones. Red Delicious has a very high antioxidant content. Be sure to eat the skin. It can have six times more antioxidants than the flesh. Apples are also well-known cancer fighters and heart protectors. They reduce risk of diabetes, asthma, and tooth loss.

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at www.pamsmith.com. Her new book, *When Your Hormones Go Haywire*, provides natural solutions for women over 40.

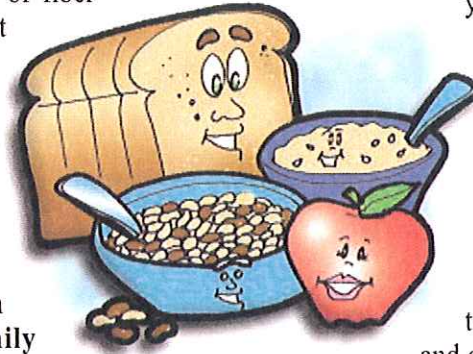


Fuel Your Body Up on Fiber

Fiber helps your body stay healthy and may prevent heart disease. Soluble fiber, which is found in oats, barley, beans, apples, oranges and other fruits and vegetables, may help prevent heart disease by lowering LDL, or "bad" cholesterol levels. Set a goal to eat 20 to 35 grams of fiber every day. The best way to do this is to consume a wide variety of whole grains, nuts, seeds, beans, fruits and vegetables.

Here are tips from the American Academy of Family Physicians and American Dietetic Association:

- ❖ Eat at least five servings of fruits and vegetables each day. Fruits and vegetables that are high in fiber include:
 - Apples • Berries • Figs • Oranges
 - Pears • Prunes • Broccoli • Brussels sprouts • Carrots • Cauliflower • Green peas • Beans
- ❖ Replace white bread with whole-grain breads and cereals. Eat brown rice instead of white rice. Eat more of the following foods:
 - Bran muffins



- Brown rice • Oatmeal • Popcorn
- Multiple-grain cereals, cooked or dry • 100% Whole-wheat bread

❖ Eat bran cereal for breakfast. Check labels on food packages for the amounts of dietary fiber in each brand. Some cereals may have less fiber than you think.

❖ Add 1/4 cup of wheat bran (miller's bran) to foods such as cooked cereal, applesauce, or meat loaf. You can also add oats to meatloaf, breads and cookies.

❖ Include more fiber in your eating plan by adding vegetables to stews and casseroles.

❖ Add fruit on cereal or eat fruit as a snack and in salads.

❖ Eat cooked beans each week.

Note: Be sure to drink more fluids when you increase the amount of fiber you eat. Liquids help your body digest fiber better. Try to drink 8-10 glasses of water each day – and even more when you exercise or travel by air.

BANANA-STRAWBERRY-PEANUT BUTTER STUFFED FRENCH TOAST

- 4 - 2-inch thick pieces whole grain country bread
- 1 ripe banana, sliced
- 1 cup strawberries, sliced
- 1/4 cup natural peanut butter
- 1 egg
- 2 egg whites
- 1 cup milk
- 1/2 tsp. salt
- 2 tsp. honey
- 1/2 tsp. ground cinnamon
- Nonstick cooking spray



Makes 4 servings

Using a sharp, serrated knife, cut a horizontal pocket in each bread slice; cut close to the edges but leave crusts intact. In a small bowl, mash the banana with a fork. Fold in the strawberries and peanut butter. Using a spoon, stuff each piece of bread with the banana/strawberry mixture; fill until stuffed, but not falling out of bread. In a shallow bowl, lightly beat the egg and egg whites with milk, salt, honey, and cinnamon. Dip the stuffed bread in the egg mixture and let soak about five minutes, turning occasionally, until egg mixture is absorbed. Spray a large cast-iron or nonstick skillet with cooking spray and heat over medium heat. Cook the toast in the hot pan until cooked through, about two to three minutes per side. Serve topped with warm honey, pure maple syrup, or all-fruit spread.

Each serving contains: 240 calories, 9 g. protein, 6.5 g. fat, 55 mg. cholesterol, 37 g. carbohydrates, 32 mg. calcium. Calories from fat 24 percent

Source: National Peanut Board, www.nationalpeanutboard.org

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