



Can an apple a day keep the doctor away? It's likely that you've heard this phrase before, but is it scientific truth? Research has shown that this easy-to-find (and easy-to-pack) fruit prevents illness and promotes wellness. Rich in vitamin C, polyphenols, pectin, and fiber, an apple nourishes your body while helping you to feel full. This palm-sized powerhouse supports the digestive system—an important player in mental and emotional well-being. If you are searching for a nutrient-dense snack, look no further than these flavorful

fruits found at your local grocery store or farmer's market.

For centuries, apples have been hailed as one key to health and happiness. The phrase as we know it stems from the 1860s Welsh proverb "Eat an apple on going to bed, and you'll keep the doctor from earning his bread." Before this phrase ripened to today's version, apples were praised throughout history—for example, as early as medieval times, eating an apple before bed was used as a remedy for loneliness.

Recently, research studies have put apples to the test, and the

results are in. Eating apples on a regular basis can lower risk factors for many diseases and aid in weight loss. While the research shows that apples are a beneficial choice, apple eating is only one marker of a healthful lifestyle. Opting for an apple complements other recommended activities such as exercise and a healthy diet. Even though this daily practice is not a replacement for a yearly visit to your doctor, eating an apple a day is sweet and sound advice. One apple can fortify your body with nutrients and ward away physical ailments.

The Top 7 Amazing Health Benefits of Apples

1 They Aid in Weight Loss

According to a study sponsored by the National Institutes of Health (NIH), eating an apple *before* a meal helped participants to consume 15% fewer calories than those who ate only the meal. By noshing on an apple prior to a 600-calorie dinner, you could eat 90 fewer calories. At this rate, an apple a day could help you to shed roughly $\frac{2}{3}$ of a pound in a month!

2 They Strengthen Your Gut

Because apples are high in pectin, a prebiotic, they nourish your gut microbiome. After you eat an apple, the good bacteria make their home in the colon, where they feed digestive flora. A strong gut boosts the immune system, making apples the perfect snack for preventing colds. Munching on an apple may positively impact your mood, too—research demonstrates that a happy gut enhances mental and emotional well-being.

3 They are Rich in Antioxidants

According to the American Institute for Cancer Research, the quercetin, flavonoids, and triterpenoids in apples are powerful antioxidants. According to a study conducted in the Netherlands, quercetin in white fruit such as apples and pears reduces the chance of a stroke by 10-20%. Since a bulk



of the quercetin (a whopping 80%!) is found in the peel, enjoy the whole apple to take in its cancer-fighting benefits.

4 They are High in Fiber

With 4 grams of dietary fiber in each apple, this fruit guards against several kinds of chronic diseases, such as obesity, type 2 diabetes, and cancer. Snacking on 2-6 apples per week can lower the risk of type 2 diabetes by 28%, a California State University study found.

5 They Support Bone Density

The National Osteoporosis Foundation approximates that ten million Americans currently suffer from osteoporosis, and of those individuals, 80% are women. Eating unpeeled apples may lower the risk for this disease. According to the aforementioned California State University study, apples help to preserve calcium, a mineral that builds up bones and prevents osteoporosis.

6 They Sustain Your Lungs and Heart

In addition to making your bones strong, apples may help to support your organs, too. Apples are beneficial to the lungs – they contain vitamin C and flavonoids that help to prevent asthma. One study published by the NIH found that eating apples on a consistent basis supported general cardiovascular health and lowered risk factors for cardiovascular disease.

7 They May Reduce the Need for Prescriptions

Doctors at Dartmouth and the University of Michigan found that individuals who ate apples were less likely to use prescription medication, whereas non-apple eaters visited the pharmacy more often. While the study noted that daily apple eating often correlated with other healthy choices, apples are one investment that may save time and money in the long run.

Apples for Days

Apples make a delicious afternoon snack. They also are a satisfying addition to oatmeal at breakfast or salad at lunch, and a favorite ingredient in savory side dishes and desserts alike. Whether you prefer apples that are sweet, tart, or somewhere in between, there are many varieties to choose from.

Sweet Varieties

Best for Snacking



Gala

This variety is perfect for snacking and packing for a lunch. Since baking can change the consistency of the fruit, the Gala tastes best fresh.



Fuji

This American staple is a cross between the Red Delicious and Ralls Janet varieties. It is best eaten fresh and lasts quite a long time when kept out on the counter.



McIntosh

This juicy variety is an excellent one for snacking. Since they can become soft when heated, they are best paired with other kinds when baking.

Best for Baking



Red Delicious

This kind is easy to find year-round. It is a popular choice for baking, snacking, or topping a salad.



Jonagold

Good for both baking or eating, this variety is a rare treat, since it is only available in October and November.



Mutsu (Crispin)

A fantastic all-purpose apple, Mutsu remains flavorful whether eaten fresh, in salads, or in baked dishes.

Sweet-Tart Varieties

Each kind in this category is superb for all-purpose baking



Honeycrisp

Grown in Minnesota, this crisp apple is a favorite choice for both baking or in applesauce



Sweet Tango

A hybrid between the Honeycrisp and Zester varieties, this type is tasty as a snack or in a pie or crisp.



Braeburn

Because they hold up well when heated, this Northwestern variety is a popular choice for baking and pies.

Tart Varieties



Granny Smith

The distinctive bright-green fruit is often paired with sweet varieties for a scrumptious pie or baked good.

With so many types to choose from, it's easy to indulge in a new variety of this aromatic fruit. Apples are more than a snack – they can be the centerpiece for fun activities and traditions. In the autumn months when apples are in season, visit a farmer's market or nearby orchard, where you can gather fragrant fruit and share the experience with friends and family. Your loved ones will enjoy sharing this sweet fruit with you, and the benefits may last a lifetime.

Sources

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[New methods address old question: What good is an apple a day anyway? \(University of Michigan School of Nursing\)](#)

[The effect of fruit in different forms on energy intake and satiety at a meal. \(Appetite\)](#)

[Your Guide to Apple Varieties \(Whole Foods Market\)](#)