



Does an Apple a Day Keeps the Doctor Away? Maybe not according to Harvard Health, they site a study which concluded, “Evidence does not support that an apple a day keeps the doctor away; however, the small fraction of US adults who eat an apple a day do appear to use fewer prescription medications.”

Researchers suggested “In the age of evidence-based assertions, there may be merit to saying, ‘An apple a day keeps the pharmacist away.’” Less medication is a good thing. Another report supports this, where authors suggested prescribing an apple a day to all adults aged 50 and over would prevented or delay around 8,500 vascular deaths such as heart attacks and strokes every year in the UK, similar to giving statins to everyone over 50 years who is not already taking them, according to the *BMJ*.

You may eat less having an Apple!

A study showed that people who at an apple 15 minutes before a meal ate 60% fewer net calories at mealtime; which is about 160 calories less per meal. One medium size apple delivers many nutrients and only 100 calories. Apples are particularly filling due to their high fiber and water content. Apples are loaded with polyphenols called anthocyanins, which are what some suggest makes wine healthy. They are also loaded with both types of fibers; soluble fiber which helps with cholesterol, lowers blood glucose, and promotes healthy bacteria in your gut while insoluble fiber moves matter through the colon and aids in relieving constipation.

Health Benefits: Apples are a good source of fiber and vitamin C. They are also loaded with other good stuff like polyphenols. Their polyphenols may also have anti-obesity effects. Eating apples is linked to a lower risk of type 2 diabetes, potentially due to their polyphenol content. Apple’s fiber and antioxidant content have been linked to a reduced risk of certain types of cancer. However, more research in humans is needed. Apples contain antioxidant and anti-inflammatory compounds that may help regulate immune responses and protect against asthma. However, more research, especially in humans, is needed. Quercetin in apples may protect your brain against oxidative stress. However, further research is needed to validate the effect of eating the whole fruit. ([See more here](#)).