

SENIOR NUTRITION NEWS

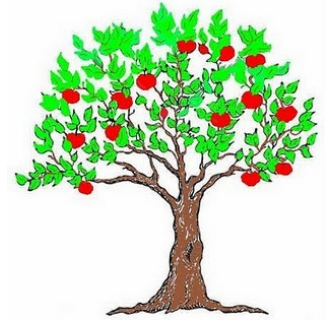
Eat Smart Idaho

October 2024

An Apple a Day

October is National Apple Month! This means that apples are in season, affordable, and a great snack or addition to your meals. The benefits of apples include that they are:

- Delicious
- Easy to carry for snacking
- Packed full of important nutrients such as fiber
- Low in calories (about 80 calories per tennis ball sized apple)
- Inexpensive



Did you know?

- 🍏 Apples have 4 grams of fiber. Apples contain both soluble and insoluble fiber. The fiber in apples can lower cholesterol levels and increases digestive health.
- 🍏 It is best to eat apples with their skin. Almost half of the vitamin C content is just underneath the skin and increases the amount of fiber you get.
- 🍏 The top producer of apples is our neighbor Washington State. 70% of apples produced come from there. Idaho ranks number 10 of all U.S. states for apple production.
- 🍏 An average apple tree produces around 840 pounds of apples per year.
- 🍏 There are more than 7,500 varieties of apples worldwide.
- 🍏 Apple varieties have different qualities (sweet, tart, soft and smooth or crisp and crunchy), depending on the one you choose.
 - Jonathans are tart, great for baking or eating.
 - Honeycrisps are sweet, crisp, and delicious for eating.
 - Galas are sweet, good for, eating, or salads.
 - Granny Smith apples are tart and great for baking.



Afternoon Apple Snack

2 Red Delicious apples
Lemon juice
1/2 cup chunky peanut butter
2 tablespoons honey
1/2 teaspoon cinnamon
6 whole graham crackers



1. Core apples and cut each in half; cut each half into 3 wedges to make a total of 12 wedges.
2. Dip wedges in lemon juice to prevent browning and place in a single layer on microwave-safe plate.
3. Cover loosely with waxed paper and microwave on high (100%) for 3 1/2 to 4 minutes or until apples are tender and hold their shape. (If microwave does not have carousel, rotate dish halfway through cooking.)
4. Drain apples on paper towels.
5. In small bowl, combine peanut butter, honey, and cinnamon.
6. Snap graham crackers in half to make 12 square crackers.
7. Spread a layer of peanut butter mixture on each of six square crackers; top each with 2 apple wedges. Top with remaining graham cracker squares to make sandwich snacks.

Sources: <https://livehealthyosu.com/tag/apples/>; <https://cidercraftmag.com/national-apple-month-5-facts-you-might-not-know-about-apples/>; <https://excitedfood.com/recipes/afternoon-apple-snacks> retrieved 09/24/24

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.