



Apples, Fresh

MyPlate Food Group: **Fruit**

USDA
Foods

Nutrition Information

- 1 cup of sliced or chopped apples, 1 small apple, or 1/2 of a large apple counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Apples are naturally low in fat, sodium, and calories. Apples do not have cholesterol.
- Apples contain many vitamins and minerals that are important for your body, including vitamin C and fiber.

Uses and Tips

- Cut-up apples makes a great snack any time of the day.
- Fresh apples do not need to be cooked or heated. Before eating, gently rub apples while holding under plain running water to remove any visible debris and enjoy.
- Fresh apples can be used to add sweetness to other foods. For example, they can be added to plain yogurt or oatmeal.
- Try adding thin slices of apple to replace jam on a peanut butter sandwich or to replace syrup on pancakes or waffles.
- Fresh apples can be added to muffins, quick breads, and other baked goods to add flavor and other important nutrients.

Storing Foods at Home

- Do not wash apples until ready to eat.
- Apples should be stored in the refrigerator in a loosely sealed plastic bag.

MyPlate Facts

- Fiber from fruit helps to keep your heart healthy and reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may help prevent some cancers.
- All forms of fruit count as part of the Fruit Group. Fruits can be fresh, canned, frozen, or dried!



USDA Foods

Baked Apple Chips

Makes 4 servings

Ingredients:

2 tablespoons sugar
1 tablespoon ground cinnamon
4 apples, cored and sliced into very thin rounds/
slices

Directions: Wash hands with soap and water.

1. Preheat oven to 250 degrees F.
2. Line two baking sheets with parchment paper.
3. Whisk sugar and cinnamon together in a large bowl. Add apple slices and toss to coat.
4. Arrange in a single layer on prepared baking sheets.
5. Bake until browned and crisped – about 2 hours.
6. Cool completely. The longer they cool, the crisper they will be.

Recipe adapted from Cooking Healthier with FDPIR Foods & First Nations Development Institute

Apple Tuna Salad Sandwiches

Makes 4 servings

Ingredients:

2 cans (6-ounce) tuna, drained
2 tablespoons red onion, finely chopped
1 medium apple, cored and chopped
¼ cup celery, chopped
¼ cup raisins
3 tablespoons Italian dressing, fat free
2 cups salad greens
4 whole wheat tortillas or slices of bread

Directions: Wash hands with soap and water.

1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 tablespoons of dressing.
2. In another medium bowl, toss together salad greens with remaining dressing.
3. If using whole grain tortillas, put ½ cup of salad greens in the middle of the tortilla. Add ½ cup of the tuna salad mixture on top and roll the tortilla into a wrap.
4. If using whole wheat bread, cut slices in half. Put ½ cup of salad greens on one piece of bread. Add ½ cup of the tuna salad mixture and spread across the greens. Top the tuna salad mixture with a second piece of bread.
5. Serve immediately.

Recipe adapted from EatFresh.org