

## An Apple a Day

Apples contain over 20% of your daily fiber needs! Eating a diet with plenty of fiber can help keep your digestive system regular, lower blood cholesterol, and control blood sugar levels.

One large apple is a naturally fat-free, sodium-free, cholesterol-free snack... with just 130 calories.

Apples contain B vitamins to keep skin healthy and boron and phloridzin to maintain healthy bones.

One serving of apples provides 8% of your daily Vitamin C needs and 7% of your daily potassium needs, as well as all these nutrients!

Beta-carotene: 65.34 µg (20% RDA)

Lutein and zeaxanthin: 70.18 µg (21%)

Thiamin (vitamin B1): 0.04114 mg (3%)

Vitamin A: 7.26 µg (1%)

Riboflavin (vitamin B12): 0.06292 mg (5%)

Niacin (vitamin B3): 0.22022 mg (1%)

Pantothenic acid (vitamin B5): 0.14762 mg (3%)

Vitamin B6: 0.09922 mg (6%)

Folate (vitamin B9): 7.26 µg

Vitamin E: 0.4356 (3%)

Vitamin K: 5.324 µg (4%)

Magnesium: 12.1 mg (4%)

Manganese: 0.0847 mg (4%)

Phosphorus: 26.62mg (2%)



Exercising regularly is a great way to stay healthy, boost your energy levels, and maintain a healthy weight. If you're looking to refuel after your favorite exercise session – whether it be kayaking, biking, walking, yoga – apples are a smart choice.

Eating a post-workout meal helps replenish the calories your body has burned during exercise. Apples provide carbohydrates in the form of glucose and fructose. These carbohydrates are readily digestible, making it easy for your body to take up energy.

Exercise works your muscles and cardiovascular system – that's why they call it a work-out! And that work puts a certain amount of oxidative stress on the body. It's easy to recover from this stress, and this process is what makes us faster, stronger, etc. with practice. We can help our bodies along by eating antioxidants like the Vitamin C in apples, which helps build and maintain connective tissues in the body.

Potassium is an electrolyte, a mineral that helps regulate the fluid balance in your body. After losing water during a workout, consuming water to rehydrate and electrolytes to help your body reabsorb that water is key. Good thing apples have both!

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