
AN APPLE A DAY

Saves your health in a big way!

Watch Your Calorie Savings Add Up:

Replacing less nutritious snacks with an apple is a great way to reduce the number of calories you eat while still staying full. For example...

- **Apple:** 71 calories
- **Chips:** 150 calories

Annual calorie savings by replacing a bag of chips with an apple each day: **28,835 calories.**

Let's try another one...

- **Apple:** 71 calories
- **Muffin:** 300 calories

Annual calorie savings by replacing a muffin with an apple: **83,585 calories!**

The list goes on! Eating an apple instead of a bagel saves 131,035 calories per year while subbing an apple for a Danish could save 152,935 calories annually.

Boost Your Health:

We've all heard about the effects of an apple a day on the proximity of doctors, but did you ever stop to think about the actual ramifications of eating an apple a day? This single small decision, over the course of a year, can help you **reduce calorie consumption, ward off excess weight, and reduce your health risks.**

Apples are naturally **fat-free** and are **very low in sodium.** They contain more **potassium** than sodium, which makes them an excellent choice for your blood pressure. Apples are also excellent sources of **fiber, antioxidants,** and vital **nutrients** like vitamin C. In addition, apples are low on the calorie density scale, yet high on the **satiety** scale, which means that you'll feel full when you eat one.

