

VIS Nutrition Tip: Apples are back in season!

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Apples are back in season! The humble apple can be forgotten at times to exotic varieties of other fruits, especially over the summer months.

However there is nothing humble about the apple and the term 'an apple a day keeps the doctor away' is not too far from the truth.

Apples are high in antioxidants; more specifically flavonoids (disease fighting compounds) and a great source of pectin, a soluble fibre which can help reduce cholesterol and curb blood sugar swings. Grate some apple into your porridge or salad, bake a tasty apple crumble served with some yoghurt or pack into your lunchbox for a super snack. There's also nothing better than picking an apple straight off the tree just as its ripened and biting into it on the spot. Apple trees are commonly grown in Victorian homes, so if you know of someone with an abundance ask if you can grab a few before they all drop to the ground!