

The 2010 Apple Report – Key Facts

Strictly Embargoed Until 12 July 2010

According to the 2010 Apple Report:

- There is strengthening evidence for the role of fruit and vegetables, specifically apples, in protection from **heart disease**.
- There are a range of studies showing benefits of apples and their nutritional components on blood cholesterol levels, lipid metabolism, blood pressure, atherosclerosis (a precursor of cardiovascular disease) and various forms of heart disease.
- There's good evidence apple polyphenols reduce **cholesterol** – a major risk factor for heart disease. In a randomised double-blind, placebo controlled study – the gold standard when it comes to research – apple polyphenols (the equivalent of three apples a day) reduced both total and LDL cholesterol during the 12 week intervention.
- Apple polyphenols may also have the potential to reduce visceral or **“belly” fat** and affect hormones involved in regulating **metabolism**. These results suggest apple polyphenols may help regulate fat metabolism in healthy subjects with a relatively high body mass index (BMI).
- Eating whole apples can help **control hunger** by helping you feel fuller for longer. Eating an apple just before a meal may reduce appetite and cut overall kilojoules intake at that meal by 15 per cent - the equivalent to reducing your portion size by almost one sixth. Eating apples as a snack also has valuable satiety benefits that may help with **weight reduction**.
- A large number of epidemiological studies have reported people who eat an apple a day have a lower risk of developing **type 2 diabetes**. A study of more than 38,000 women, for nine years, showed those who ate an apple a day had a significant reduction (28%) in the risk of type 2 diabetes compared with those who ate no apples.

- Eating apples during pregnancy may protect your child from developing **asthma**. The impact of food consumption during pregnancy and asthma, respiratory and atopic symptoms in 5-year-old children has been evaluated. Apples and fish were the only foods that suggested consumption during pregnancy might have a protective effect against the development of childhood asthma and allergic disease.
- Studies have shown apple polyphenols may help alleviate some of the symptoms of **respiratory allergies**, such as sneezing. Patients suffering persistent allergic rhinitis have shown significant improvements in sneezing attacks and nasal discharge after consuming apple polyphenols – the equivalent to eating an apple a day.
- *The 2010 Apple Report* revealed emerging evidence on the health benefits of apples across a range of areas including **inflammatory bowel disease, certain cancers** and **gastrointestinal conditions**.
- Laboratory cell-based studies have shown that apple peel extract possesses a **strong anti-proliferative effect against cancer cells**.
- Apples are low GI, a good source of vitamin C, potassium, dietary fibre, and phytonutrients including antioxidant compounds.

—Ends—

Issued on behalf of Horticulture Australia.

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