

FIGHT COLDS AND FLU THIS WINTER WITH AN APPLE A DAY

Eating apples this winter may help you and your family fend off colds and flu¹.

Research on athletes has shown that quercetin, an antioxidant rich in whole apples, can reduce the risk of upper respiratory tract infections by 40 per cent².

According to dietitian Karen Kingham, the key to the flu fighting power of quercetin is thought to be its antiviral and antibacterial effects.

"Apples are the second highest contributor of dietary quercetin intake among Australians, next to black tea³," she said.

"Experts believe it is the high antioxidant capacity of apples that makes their health benefits so powerful," Karen said. "An apple is actually one of the best fruit sources of antioxidants, with a greater antioxidant capacity than half a punnet of blueberries or half a cup of strawberries⁴."

"So why not try an apple a day this winter for a convenient and natural way to keep the bugs at bay," she said.

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Issued on behalf of Horticulture Australia. For more information, please contact: Sonya Rogers or Andrea Brydges at Bite Communications on Ph (02) 9969 6633 or 0435 110 670 (Sonya) or 0418 443 886 (Andrea)

About Karen Kingham: *Karen Kingham loves good food. A dietitian and freelance nutrition writer, she is passionate about sharing her knowledge to help people enjoy the benefits of great tasting food that brings both pleasure and wellbeing to their lives. Karen is the author of several healthy cookbooks and she advises Horticulture Australia on the latest science relating to the health benefits of apples.*

¹ Kingham, K. Apple Review 2009: A Nutrition and Health Update.

² Nieman et al. Quercetin reduces illness but not immune perturbations after extensive exercise. *Medicine & Science in Sport & Exercise* 2007;39(9):1561-1569

³ Somerset SM, Johannot L. Dietary flavonoid sources in Australian adults. *Nutrition and Cancer* 2008;60(4):442 – 449

⁴ US Department of Agriculture, Agricultural Research Service (2007) Oxygen Radical Absorbance Capacity (ORAC) of selected foods – 2007.

