

An apple a day keeps the heart doctor away

The Apple Report, a comprehensive review of scientific research published over the last 10 years, offers compelling health reasons why apples should be a daily part of the Australian diet.

Did you know...?

If all Australians ate just one more serve of fruit or vegetables every day, the estimated saving in direct healthcare costs for cardiovascular disease alone is over \$150 million a year.¹

The report found that apples are one of the only foods specifically identified to reduce the risk of cardiovascular disease, as well as certain cancers – two of the biggest causes of death in Australia.

According to the Women's Health Study of nearly 40,000 women, conducted over six years, women eating apples had up to 22% decrease in cardiovascular disease risk. In fact, apple intake was associated with reductions in both the risk of cardiovascular disease and cardiovascular events.²

Another study of more than 34,000 women, published in the American Journal of Clinical Nutrition, found that apples are one of three foods (along with red wine and pears) that decreased the risk of death from both coronary heart disease (CHD) and cardiovascular disease (CVD) among postmenopausal women.³

It seems an apple a day really can keep the heart doctor away.

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Issues on behalf of Australian Apples. For more information, please contact Bite Communications on Ph (02) 9969 6633 or 0418 443 886

1. Australian Fruit & Vegetable Coalition.

2. Sesso H, Gaziano JM, Liu S, Buring J (2003): Flavonoid Intake and Risk of Cardiovascular Disease in Women. *Am J Clin Nutr*, 77: 1400-1408.

3. Mink PJ, et al (2007): Flavonoid Intake and Cardiovascular Disease Mortality: A Prospective Study in

Postmenopausal Women. Am J Clin Nutr, Vol 85, No. 3, 895-909.