

Produce of the Month

APPLES

fun facts:

- The average person eats 65 apples each year.
- Apples contain no fat, sodium or cholesterol and are a good source of fiber.
- Apple trees can live for more than 100 years.
- There are more than 2,500 varieties of apples grown in the U.S. That means if you had apple a day, it would take you nearly seven years to eat each kind.
- Ever wondered why apples float? It's because 25 percent of their volume is made up by air.
- The top apple-producing countries are China, the U.S., Turkey, Poland, and Italy.



Nutrition Facts

Serving Size 1 large apple
(242g / 8 oz.)

Amount Per Serving

Calories 130 Calories from Fat 0

% Daily Value**

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Potassium 300mg 7%

Total Carbohydrate 34g 11%

Dietary Fiber 5g 20%

Sugars 25g

Protein 1g

Vitamin A 2% • Vitamin C 8%

Calcium 2% • Iron 2%

A better tomorrow starts today

