

Apples and Fiber

Autumn marks the beginning of apple picking season. Apples are available to pick throughout the month of October. Other than the fun this round fruit provides, apples are packed with a wide variety of nutrients. Apples are a good source of fiber; insoluble and soluble. Insoluble fiber is essential in regulating your digestive system because it adds bulk to your stool. Soluble fiber can lower cholesterol levels, slow the absorption of sugar in the body, and fuel healthy gut bacteria growth. These two fibers promote good colonic health by reducing constipation and cultivating good bacteria in the digestive tract. The USDA recommends that men younger than 50 consume at least 30 grams of fiber per day and women under 50 years of age consume at least 25 grams of fiber. While women and men older than 50 should consume at least 21 and 30 grams, respectively. A medium size apple contains 4 grams of total fiber- a great start to reaching the daily recommendation for fiber intake. Apples are so great no wonder New York City wanted to be nicknamed after this amazing fruit!

References

1. Kristin Sementelli. CPE monthly: health benefits of Apples.
<https://www.todaysdietitian.com/newarchives/0919p46.shtml>. Today's Dietitian. Vol 21. No.9, P.46
2. Should I be eating more fiber? Harvard health blog.
<https://www.health.harvard.edu/blog/should-i-be-eating-more-fiber-2019022115927#:~:text=On%20average%2C%20American%20adults%20eat,and%2038%20grams%20for%20men>. Published February 27, 2019.

Apple Cinnamon Oatmeal

From Plantbasedonabudget.com

Ingredients

- 1 cup rolled oats/instant oats
- 1 cup of 1% milk
- 1 medium apple cubed and cored
- 1 tsp cinnamon
- 1-2 tbsp brown sugar
- ¼ tsp salt
- 1 tsp butter

Instructions

1. In small pot, heat butter over medium heat. Add in cubed apples and cinnamon. Cook for 2-3 minutes until apple starts to soften and become golden brown.
2. Add in oats and milk. Cook for 3-5 minutes or until milk is absorbed.
3. Add in sugar. Stir to combine.
4. Serve

