

# New Horizon Foods Nutrition News

## Fall 2016 Edition

### September is Better Breakfast Month



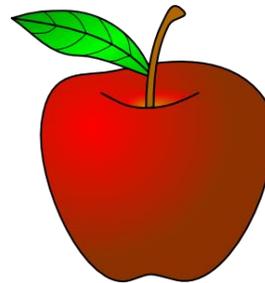
Research supports the positive impact of breakfast on our mental and physical performance. Try thinking of your body and brain like an engine that needs a constant stream of fuel and nutrients to perform their best. Eating a nutritious breakfast is linked to better test grades in school for kids, better work performance and weight control for adults, and better moods for all of us.

Breakfast doesn't have to be fancy, and it doesn't have to mean cooking and washing dishes either! There are many simple ways that you can eat healthy when you are busy and on the run. To plan a simple and yet healthy meal, follow a few basic guidelines as you plan.

First, try to include either a fruit or a vegetable in your daily breakfast. This

will add low calorie antioxidants and fiber. Next, include some form of protein. This helps to keep your blood sugar levels and your energy levels more stable and keeps you feeling full longer. Sources of protein could include low-fat milk, yogurt, soy milk, eggs, lean meats, legumes or nut butter(s). If possible, strive to choose foods from 3 food groups. This gives your body a wider variety of nutrients and will keep you from depending too much on starch and coffee to fuel up your day.

**Fall means apple time.....**



As the saying goes.... "An apple a day keeps the doctor away" ... but why???

### **THE MANY BENEFITS OF APPLES**

#### **1. Benefit: Nutrition, straight up.**

High in soluble fiber (4 grams per medium apple with only 95 calories on average, makes apples a

filling, sweet snack. Plus, a medium apple counts as 1 cup of fruit, so after eating one you're well on your way to meeting your daily fruit quota (around 2 cups for adults on a 2,000-calorie diet). Apples are also a great source of vitamin C.

## 2. Weight Loss

Apples satisfy hunger for few calories so it's not surprising that they can be part of a healthy diet that promotes weight loss. And in a recent study, *dried* apples were shown to help participants lose some weight. Women who ate a cup of dried apples daily for a year lost some weight and lowered their cholesterol and heart disease markers.

## 3. Heart Health –

Last year, the Iowa Women's Health Study reported that, among the 34,000-plus women it's been tracking for nearly 20 years, apples were associated with a lower risk of death from both coronary heart disease and cardiovascular disease. Some years earlier, Finnish researchers studying dietary data collected over 28 years from 9,208 men and women found that frequent apple eaters had the lowest risk of suffering strokes compared with non-apple eaters. Experts attribute the heart-healthy benefits to antioxidant compounds found in apples, which help prevent LDL cholesterol from oxidizing and inhibit inflammation. Plus, the soluble fiber in apples has also been shown to lower cholesterol levels.

## 4. Protect Against Metabolic Syndrome

People who eat apples may be less likely to suffer from metabolic syndrome, a group of symptoms linked to an increased risk of heart disease and diabetes. It is noted that the National Health and Nutrition Examination Study (NHANES) data, a survey of eating and health habits, found that people who had eaten apples in any form were 27 percent less likely to have symptoms of metabolic syndrome than those who didn't. The apple eaters also had lower levels of C-reactive protein, a marker of

inflammation whose presence in the blood suggests an increased risk for heart disease and diabetes.

## 5. Exercise Extender

Eating an apple before you work out may boost your exercise endurance. Apples deliver an antioxidant called quercetin, which has been found to aid endurance by making oxygen more available to the lungs.



## Get Involved in Your Community

Help those unable to care for their yard this fall, such as an elderly person who is unable to rake or pick up fallen apples. This is also a great form of exercise for yourself in addition to helping others out.

Sign up to help others who are not capable of caring for their yard themselves out regularly with their lawn

Go apple picking or a nearby apple orchard and get involved in their activities.

Run through a local corn maze or visit a local fall outdoor festival.



