

Thousands Of Tasty Ways To Enjoy A Fiber-Rich Diet With Apples

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(NAPSA)—Apples are the most varied food on the planet. The list of colorful apple varieties tops 7,500, including more than 2,500 varieties grown in the U.S. All are an excellent source of dietary fiber. This tasty, portable fruit contains 80 calories and approximately five grams of dietary fiber per medium apple.



Pivonka

Recent studies show apples may promote weight loss; especially good news for over 60 percent of the population that is either overweight or obese. Studies show eating a high fiber diet can promote post-meal “satiety.” As a result, dieters may feel full for longer. Research also shows eating a high fiber diet can reduce total calorie intake and, as a result, contribute to overall weight loss. Aim for about 14 grams of total dietary fiber for every 1,000 calories you consume, or about 28 grams for women; 35 grams for men.

Along with fiber, diets including 5 to 9 daily servings of colorful fruits and vegetables help insure a wide variety of important nutrients and phytochemicals. Eat at least one or two servings from each color group (red, yellow/orange, white, green and blue/purple) every day.

Each colorful apple variety has its own unique flavor and best uses. Some, Fuji, Gala, McIntosh, Pink Lady and Red Delicious, excel as snacks. Others, Golden Delicious, Granny Smith, Jonagold, Jonathan and Rome Beauty, are better for cooking. The quick and colorful recipe, Apple Chicken Stir-Fry, calls for baking apples.

Note to Editors: *Eighty-first in a series of monthly 5-A-Day columns. More stories at www.napsnet.com and search: “Pivonka.”*



For more recipes and information, visit www.usapple.org and www.5aday.org.

Apple Chicken Stir-Fry

- 1 pound boneless, skinless chicken breast, cubed**
- 2 tablespoons vegetable oil**
- ½ cup onion, vertically sliced**
- 1 cup (2 medium) carrots, thinly sliced**
- 1 teaspoon dried basil, crushed**
- 1 cup fresh or frozen Chinese pea pods**
- 1 medium baking apple, cored and thinly sliced**
- 2 cups cooked rice**

Stir-fry chicken cubes in oil in nonstick skillet until lightly browned and cooked through. Remove from skillet. Stir-fry onion, carrots and basil in same skillet until carrots are tender. Stir in pea pods and 1 tablespoon water; stir-fry 2 minutes. Remove from heat; stir in apple and cooked chicken. Serve hot over cooked rice. Makes 4 servings.

Nutritional Information per serving: calories: 323, total fat: 8.5g, saturated fat: 1.1g, % calories from fat: 23%, % calories from saturated fat: 3%, protein: 29 g, carbohydrates: 31g, cholesterol: 66 mg, dietary fiber: 2.8g, sodium: 102 mg.