An Apple a Day is Good Advice

Curious Cat Science and Engineering Blog

Apples really are healthy food. They provide fiber and nutrients without a large amount of calories. Including them in your diet can contribute to a healthy lifestyle.

How apples can make you skinnier & 4 more health benefits of apples [1]
Packing in quite a bit of soluble fiber (4 grams per medium apple) for a modest amount of calories (95) makes apples a filling, sweet snack. Plus, a medium apple counts as 1 cup of fruit, so after eating one youâ□□re well on your way to meeting your daily fruit quota (around 2 cups for adults on a 2,000-calorie diet). They also are a good source of immune-boosting vitamin C (providing 14% of the Daily Value).
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a survey of eating and health habits, found that people who had eaten apples in any form over the past day were 27 percent less likely to have symptoms of metabolic syndrome than those who didnâ□□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.

"Our study suggests [2] that ursolic acid increases skeletal muscle and brown fat leading to increased calorie burning, which in turn protects against diet-induced obesity, pre-diabetes and fatty liver disease," Christopher Adams, M.D., Ph.D., UI associate professor of internal medicine at the University of Iowa.

Until quite recently, researchers believed that only infants had brown fat, which then disappeared during childhood. However, improved imaging techniques have shown that adults do retain a very small amount of the substance mostly in the neck and between the shoulder blades. Some studies have linked increased levels of brown fat with lower levels of obesity and healthier levels of blood sugar and blood lipid, leading to the suggestion that brown fat may be helpful in preventing obesity and diabetes.

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