

Apples & Healthy Skin



No matter how you slice them, apples can help you maintain healthy skin and hair. According to a recent Health.com article, the vitamin C and B vitamins found in apples make this fruit a great addition to the diet and skin care regime.

Nutrition expert and author David Wolfe said that vitamin C strengthens hair and nails and speeds up skin cell production, which helps give people that sought-after “glow.” Additionally, the B vitamins in apples, like B5 and B9 are proven to fight acne and skin irritation.

The high concentration of antioxidants found in apples may also benefit the skin and hair. Eating raw apples regularly provides the body with antioxidants to help prevent cell and tissue damage throughout the body and especially for its largest organ - skin! According to Evelyn McCormack, eHow contributor, studies have found that Granny Smith and Red Delicious apples are particularly protective for the skin because they contain high levels of both collagen and elastin which help keep skin youthful.

In addition to eating apples fresh for healthy skin, this popular fruit can be used to make a variety of at-home skin treatments in order to treat acne, sunburns, or to use as part of a face mask or skin toner. There are also a variety of over-the-counter skin care products available that use apples as an extract to benefit the skin.

Of course, apples aren't the only fruit or food that can help promote healthy skin. Lemons, aloe, cucumber, green tea, pomegranate, white tea, and apricots are all beneficial to the skin for different reasons. Lemons purify the skin, pomegranates have ellagic acid which is a known anti-inflammatory, and the carotenoids in apricots help give skin that healthy glow.

Healthy skin isn't the only benefit apples deliver. Apples are low in calories, free of fat, sodium, and cholesterol, and a great source of dietary fiber. Be sure to eat your apple a day - every day!

Sources:

1. "The Anti-Aging Perks of Apples." A. Vasilakis. Health.com. http://www.health.com/health/gallery/0,,20532143_last,00.html
2. "Apple Health Benefits for the Skin." E. McCormack. eHow. http://www.ehow.com/about_4744503_apple-health-benefits-skin.html
3. "Eight Foods for Healthy Skin." L. Chi. Eat Drink Better. <http://eatdrinkbetter.com/2008/11/23/eight-foods-for-healthy-skin-this-winter/>

The Superfood Powers of Sweet Cherries

Cherry season is right around the corner. This fruit is well-known for having dessert-like flavors that people can't seem to get enough of, but one thing that is not common knowledge about cherries is that they are packed with nutrients which make them a powerful superfood. One cup of sweet cherries has just 90 calories and is a good source of fiber and vitamin C. In this article, we'll cover a few of the health benefits of sweet cherries.

Antioxidants

According to WebMD, sweet cherries are among the top 20 antioxidant rich food sources. Cherries come in at #15 on the list with the capacity to hold 4,873 antioxidants in a standard one cup serving. Antioxidants are molecules found naturally in foods that may protect cells from damage during oxidation, a chemical reaction in the body that can produce free radicals. These radicals start a chain reaction and if that reaction occurs in a cell, it can severely damage or kill the cell. Oxidative stress is the cause of many diseases and the antioxidants found in foods are a great way to combat that stress.

Cherries contain several different antioxidants, including: melatonin, phenols, quercetin, and a flavonoid called anthocyanin. Anthocyanins give cherries that deep red to purple skin and flesh. Research suggests that anthocyanins may protect against cancer, aging and neurological diseases, inflammation, diabetes, bacterial infections and fibrocystic breast disease.



Vitamin C

A one cup serving of cherries has 16% of the recommended daily dose of vitamin C, a water-soluble vitamin that is essential to keep the body functioning normally and driver in maintaining a healthy immune system. Vitamin C is also a highly effective antioxidant, which means it may help prevent the onset of several chronic diseases.

Fiber

One cup of cherries contains 3 grams of dietary fiber, an essential ingredient in a healthy diet. It is recommended that adults consume between 20 and 30 grams of fiber each day. Research suggests that a high-fiber diet can prevent constipation, lower the risk for developing digestive disorders, lower cholesterol, control blood sugar, and aid in weight loss.

Stay tuned for more cherry health benefits in the July 2012 issue of *Nutrition Roundup!*

Nutrition Roundup from Stemilt Growers

Stemilt's Apple & Cherry Upside Down Cake

Impress your guests this summer with this unique cherry and apple upside down cake. Fresh Stemilt cherries and apples combine with a dense yet moist cake to create a dessert that tastes just as good as it looks.

INGREDIENTS

3/4 cup unsalted butter (divided)
1/3 cup packed brown sugar
1 teaspoon fresh lemon juice
2 Stemilt Fuji apples, peeled, cored, quartered and sliced
15 to 20 Stemilt dark sweet cherries, pitted and halved
1 cup all-purpose, unbleached flour
3/4 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon kosher salt
2/3 cup granulated sugar
1 egg
1/2 teaspoon pure vanilla extract
2/3 cup plain yogurt
1/4 cup milk (2%)

PROCEDURE

Preheat oven to 350 degrees F. In a large nonstick skillet, melt 4 tablespoons (1/2 stick) of butter and brown sugar. Add apples, tossing to coat; cook for 1 minute. Add cherries; cook another minute. Remove from heat.

Beginning with apple slices, arrange fruit in bottom of 9-inch, nonstick baking pan. Lay apples in a slightly overlapping pattern around outermost edge of pan interior, creating a ring of apples with a circular space in the center to add cherries. Spoon cherries into middle of pan, pressing down slightly to fill space. Pour remaining pan syrup (1/3 cup maximum) over fruit. Set aside.

In a medium bowl, combine flour, baking powder, baking soda, and salt. Set aside. In a separate bowl, beat remaining butter (1 stick) and granulated sugar. Add egg, vanilla, yogurt, and milk; mix well. Gradually add in flour mixture until well incorporated. Pour batter over fruit. Gently spread batter to edge of pan (careful not to disturb fruit).

Bake for 45-50 minutes; until wooden toothpick inserted in cake comes out clean. Allow cake to cool in pan for at least 1 hour. After allotted cooling, invert cake pan onto platter and let rest 5-10 minutes before removing pan. Cut cake into wedges. Serve warm or at room temperature.



Healthy Living Tips from Olympic Athletes



Peter Varellas

As the Official Fresh Fruit Sponsor of the U.S. National Water Polo teams, Stemilt is excited to bring you exclusive healthy living tips from water polo athletes. In this issue of *Nutrition Roundup*, we're sharing Peter Varellas' tips for good nutrition. He's a current member of the Men's National team and 2008 Olympian.

1. Eat often! If you are working out regularly, you'll need more than three big meals a day. Make sure you snack in the morning and afternoon to keep your energy levels up.

2. Stay hydrated! If you are thirsty, you should have been drinking water hours ago. Stay ahead of the curve by drinking lots of water, even when you don't think you need it.

3. Healthy snacks can be convenient. Grab-and-go items, like fresh fruits, make great healthy snacks. Making extra food when you cook and pre-packaging leftovers into snack sizes is a great way to have snacks on hand for when you need them.



Get more tips from USA Water Polo athletes at:
www.stemilt.com/Healthy_Living/HealthyLiving_Tips.cfm



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Fresh Fruit Storage Tip:

Store unwashed cherries in a plastic bag (or like container) in the coldest part of your refrigerator. Wash the fruits just before eating. Eat fresh cherries within 2-4 days of purchase for the best flavor experience!