

TOP 10 HEALTH BENEFITS OF Apples

We've all heard the saying, 'an apple a day keeps the doctor away', but many of us haven't considered the specific health benefits that apples have to offer. Here are the top 10 health benefits of this tasty fruit:



Apples can lower levels of bacteria in the mouth, meaning we get **healthier, whiter teeth** from eating them.



Apples are a great filling snack, but they are also low in calories. This means they can help with **weight control and management**.



Women who eat 1 apple per day could lower their chance of developing type 2 diabetes by **28%**.



Eating apples can beat both **diarrhea and constipation** thanks to the amount of fibre in the fruit.



Fruits such as apples help to **detoxify the liver**.



Eating apples has been linked to a **decreased risk of a stroke**.



Red apples contain antioxidants that help to give your **immune system a boost**.



Apples contain a strong antioxidant that slows down brain degeneration and **can stave off Alzheimer's**.

Because of all of the healthy goodness found in apples, they have been proven to **reduce the risk of cancer**.



Both apples and apple juice can contribute to a **stronger heart**, as they slow the oxidation process that can lead to the buildup of plaque causing heart disease.